

NERVOUS EXHAUSTION
AND
SPECIAL DISEASES

THEIR CAUSES AND CURE

BY

DR. L. J. KAHN



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UNITED STATES OF AMERICA.

NERVOUS EXHAUSTION:

ITS CAUSE AND CURE.

COMPRISING

A Series of Eight Lectures on Debility and Disease,

AS DELIVERED NIGHTLY AT

DR. KAHN'S MUSEUM OF ANATOMY,

WITH

PRACTICAL INFORMATION ON MARRIAGE, ITS
OBLIGATIONS AND IMPEDIMENTS.

ILLUSTRATED WITH CASES.

INCLUDING PICTURES FROM REAL LIFE, OR
PHOTOGRAPHIC LIFE STUDIES,

ADDRESSED TO THE YOUNG, THE OLD, THE GRAVE,
THE GAY.

By DR. L. J. KAHN,

LECTURER ON ANATOMY, PHYSIOLOGY, AND SCIENCE; AUTHOR OF
"THE LUNGS IN HEALTH AND IN DISEASE;" MEDICAL
ESSAYS AND REVIEWS, ETC., ETC.

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PREFACE.

The following chapters have been written for the purpose of imparting some little information on subjects of the greatest importance. The frightful ravages of *Spermatorrhœa*, and the dire effects of *Syphilis*, are matters which must almost alarm the calm impartial observer. If anything can therefore be done to stay the mighty torrent, he who, having the means at his command, should neglect to do it would be criminal. The cause of humanity—of religion—demands assistance from all who are in a position to give it. Feeling this, I have done what I could.

The following pages are pre-eminently practical: I am no theorist. To offer theory when assistance is required is very like giving a stone in answer to a request for bread. Speculation we have enough of—hypothesis we are nearly surfeited with—what we want is something that can be put into practice. I have related my own medical experience, and narrated cases that have come under my own observation.

This may seem egotistical, but it is the only true method of procedure. Why should I devote my book to what occurred to others? I know nothing of it, except by hearsay. What I have seen, that I speak of, because that I know. Nor have I succumbed to that false prudery which is so prevalent in society: I have disregarded it because I believe it to be mischievous and to have no connection with real, genuine modesty. I have told plain facts, and those who affect to be shocked at them will only remind me of the young lady whose modesty was so great that she could not look at the *naked* truth. My aim is a good one: if men misinterpret my motive I cannot help it, nor do I care for what they may say.

But it is now quite unnecessary to make any apology for publishing a book of this nature. The importance of the subject on which it treats has long been recognized by the Pulpit and by the Press, by the learned and by the unlearned, by the Medical Profession, and by their patients. I do not hesitate to assert that the lessons taught by this little book will prove of the greatest value to all who study them in a proper spirit. The laws of the Creator are absolute and unchanging; it is impossible to

do evil or to violate those laws without ill effects resulting. Health is essential to happiness; and to enjoy health we must study the unchanging laws which govern it, and they are not difficult to understand. Years of experience have proved that many of the most fatal diseases to which man is subject arise from unrestrained passions and vicious indulgences. "The solitary vice of Self-pollution," says Dr. Woodward, "spreads desolation through the land." When we see the miserable victims of an insidious and unsuspected disease slowly but steadily emaciating; when we view a series of phenomena faintly and indistinctly characteristic of a great variety of disorders, such as consumption, wasting away, loss of energy, physical and mental, and actual brain disease, can we surrender without remorse—secundum artem, as it were—the unhappy sufferer to his fate? Shall we not rather, despite false delicacy, investigate the origin and causes of such diseases, and endeavor to determine the true principles of their cure? To these investigations the MICROSCOPE has proved an invaluable assistance, and the most important recent discoveries are due to its aid. The discovery of the SPERMATIZOA and their existence in the

spermatic fluid of all animals, proved that their presence was essential to reproduction. Hence a microscopic examination of urethral discharges, or of the urine, furnishes means for a correct diagnosis of some of the most obscure cases of spermatorrhœa and impotence. The author takes this opportunity of tendering his thanks to his numerous friends, patients, and to the public generally, for the favor with which his previous works on the subject have been received. I have endeavored in this treatise to give the result of my mature experience in language simple and free from technicalities. If I am successful in warning one who would have fallen of the fearful consequences of vice ; of restoring one to hope who had otherwise been hopeless, this work has not been written in vain. In conclusion, I may observe that those who wish to apply for advice or assistance may confidently do so without hesitation or diffidence ; as the most timid may rely on my invariably regarding that inviolable secrecy which has already proved the basis of an extensive and respectable professional reputation.

L. J. KAHN, M.D.

51 EAST TENTH STREET, NEW YORK.

NERVOUS EXHAUSTION.

LECTURE I.

THE ANATOMY AND PHYSIOLOGY OF THE URINARY AND GENERATIVE ORGANS.

In these days of general education, every man ought to possess a certain knowledge of the composition of his frame, the science known as **ANATOMY** ;* and also the mode that nature adopts to carry out the necessities of life, that is **PHYSIOLOGY**. The present work being devoted to the consideration of special maladies, their causes, prevention, and treatment, it will be sufficient for our object to give a brief and popular description of the generative organs, in order that the nature of the diseases may be fully understood. We are indeed “fearfully

* “Anatomy is the science of organization. Physiology is the science of life.”—RICHERAND.

and wonderfully made ;” the great importance of the generative organs, and their preservation in a state of health and vigor, are essential to well-being, both physical and mental. Their admirable construction, form, and use are a striking evidence of skill and contrivance directed to the performance of that most important function, the reproduction of the species. The generative organs in man may be divided into external and internal ; the former consisting of the *testicles* and *penis*, and the latter of the seminal vessels, the urethra, the prostate gland, &c., with their arteries, veins, nerves, and lymphatics. The urinary organs consist of the kidneys, ureters, bladder, and urethra. The kidneys (*renes*) are two glands, in shape representing a kidney bean, lying close upon the muscles of the loins, behind and below the stomach. It is supposed these organs are larger in persons of strong sexual passions than in those who are less addicted to venery.

The Ureters are long tubes, connecting the kidneys with the bladder, to which they convey the urine secreted by the kidneys.

The Bladder is situated in the lowest part of the body, or *pelvis*; it is a muscular bag or pouch, and consists of at least three coats or

coverings. One being composed of muscular fibres, its contraction causes the expulsion of the urine. At the neck of the bladder is a muscle called the sphincter, by which the involuntary flowing away of the urine is prevented. The chemical composition of urine, in health, according to recent analysis, is as follows:—
(*Vide Liebig.*)

I.

Urea	}	Separated from the blood by the kidneys.
Uric acid		
Coloring matter		
Odorous principles		
Kreatine	}	Developed more directly from the food.
Lactic acid		
Hippuric acid		

II.

Sulphates	}	Saline combinations de- rived from the food.
Phosphates		
Chloride of sodium		
Soluble salts		
Debris of epithe- lium	}	Common to all fluids pass- ing over mucous sur- faces.
Phosphate of lime		
Mucus of the blad- der		

We direct attention more particularly to this table, as many diseases, in fact nearly all, change in some respect the composition of the urine; and careful analysis enables the medical man to arrive at a correct diagnosis at an early stage of the malady, when any mischief may be easily remedied. In unhealthy urine some one or other of these substances may be in excess, or may be altogether wanting. The elements may be combined in a manner altogether different; or some substance may be eliminated from the blood and prove a source of considerable danger to life itself. We have not sufficient space to enlarge on this subject; we will merely refer to one or two of the most serious of these diseases. In DIABETES, not only is there an immoderate flow of urine, but it is found to contain a large amount of sugar—so much indeed as to be perceptibly sweet to the taste. Unless attended to at an early stage, this disease is generally fatal. We have saved many valuable lives by attending to the indications shown by the urine at a stage when the disease was not suspected. Others we have warned, and not in vain, though at the time it was difficult to convince them. One more illustration of the value of these inquiries. There is a decidedly

marked change in the chemical composition of the urine when a stone is forming in the bladder. For some time previously, a state of health is indicated which the judicious administration in remedies may remove, and thus prevent the necessity of a serious and painful operation. We may here remark, that an accurate analysis of the urine is one of the most difficult processes in chemistry, and can only be performed, with any approach to correctness, by one who is well versed and constantly engaged in minute investigations of this kind. It requires, also, one who has acquired a thorough knowledge of the microscope, the value of which cannot be over-rated. For many years the author has availed himself of this valuable adjunct to diagnosis, with a success which his attentive practice will testify.

The testicles (testes) are two glands enclosed in the scrotum, or purse; they are composed of a vast number of fine tubes, folded in various directions, and enclosed by a membrane called the tunica albuginea. The testicles secrete the semen, and are supplied with blood from the vessels which arise from the main arterial trunk, called the spermatic arteries. The importance which men attach to the due performance of

the function of these organs is evident from the number of the suicides caused by their imperfection. The testicles are sometimes three in number, and occasionally there is only one, though many of the latter cases prove, on examination, to be a retention of the testicle in the abdominal canal. A young man who had been ordered a truss for a supposed rupture, consulted us; we found the case was simply one of retention of the testicle. Had the truss been applied, he might have been lamed for life.

The Seminal Canals (Vasa Deferentia), which ascend on each side from the upper part of the testicle, accompany the spermatic artery, vein, and nerves, and are together called the *Spermatic Cord*. The seminal bladders (vesiculæ) are at the upper part of the bladder, and are considered to be the reservoirs for the semen. They also secrete a peculiar fluid, which is added to the semen in the act of coition. The prostate gland is in front of the seminal bladder; in shape and size it somewhat resembles a chestnut. The fluid which it secretes is of a cream color, and serves to lubricate the surface of the urethra, along which the semen has to pass. The prostate gland is subject to disease and relaxation, and when this is the case the act of copulation is

unsatisfactory and even painful. We have frequently been consulted in cases where there has been a continuous discharge from this gland; the semen is then emitted by the slightest effort, more especially during sleep; this has often been the cause of wasting away, strophy, or consumption. Many surgeons have treated these cases as venereal, and their inexperience has proved most injurious. The microscope here lends its valuable aid. The penis is divided into the root, the body and the glands. The spongy substance which forms the glans penis is covered with a thin membrane, under which are placed very sensitive nervous papillæ, which are the chief cause of the pleasure in coition. Many in the venereal act have not the glands distended, which arises from a weakened state of the cavernous body of the urethra. When this is the case from Onanism, or other causes, impotence will arise; which, unless its cause be perfectly understood, cannot be cured by any physician.

The glans is protected by the prepuce, or foreskin. In healthy men, at the moment before the semen is ejected, the glans and whole body of the penis are extremely rigid; soon after a convulsive motion follows, the semen is dis-

charged by a reflex action, and there is a slight loss of strength throughout the body, which however soon recovers tone. But the erection of the penis may also be produced by mechanical irritation, as friction of the glans of the prepuce, caused by a distended bladder, as evinced in the morning after a night's rest, also by tumors or stone in the bladder. This highly complicated and delicate organism, of which we have given a brief outline, is entirely subservient to the proper secretion and ejection of the SEMEN.

The semen is a thick whitish fluid, with a peculiar odoriferous smell; it consists of the liquor seminis and certain solid particles. The liquor seminis is colorless, transparent, and albuminous, and contains, floating in it, two principal constituents, viz., spermatozoa and seminal granules. The microscope must here be called into requisition. The spermatozoa are living bodies or animalcula, existing in very considerable numbers in healthy semen. They are also found in the urine, but never excepting the generative organs have become weakened by Onanism or excesses.

The animalcula are formed like a tadpole, with a round head or body, and a narrow tail;

they move with great rapidity, and their length is about a six-hundreth to a thousandth part of an inch.

Wagner has shown that they are developed within cells, and originate from the spermatic granules, being formed by the dispersion of the nuclei of these cells. Their original discovery is due to Lowenhoeck, in 1667. The animalcula are not found in the fluid contained in the seminal organs before puberty, but they are always present afterwards; nor do they disappear while the power of procreation is retained. But when the semen is diseased by the debility of the parts, their number becomes fewer, until at last they almost disappear. There is no doubt that the animalcula are essential for the impregnation of the ovum in the female, but all our ingenuity and research have been vainly exerted in the attempt to unravel the mysterious process of conception. Life and organization are neither inseparable nor even identical. Man is still ignorant how life begins or ceases. We must turn to the Creator of all things, and though we can explain the structure, the primal cause is beyond all human reason.

LECTURE II.

PHYSIOLOGY OF MARRIAGE.

The sacred ordinance of marriage emanates from the Deity, by whom we are enjoined to “increase and multiply,”—hence it is considered honorable amongst all men, and should not be entered upon carelessly or wantonly, nor without duly considering the causes for which it was originally ordained. Marriage was introduced by the Divine Creator, in the time of man’s primitive innocence, as the means of his happiness and the perpetuation of his race. Its influence extends from individuals to kingdoms, and to the whole world. Jeremy Taylor calls it “the mother of the world, which preserves cities, and fills cities, churches, and even heaven itself.” It is the primitive source of morals and society, the nurse of virtue and patriotism, the stay and support of governments. In a word, no other social institution exercises so profound an influence on the well-being of society. The obligations of marriage are mutual and imperative; if any deception is practised, those culpable will sooner or later receive punishment in the disappointment of their pleasure, the loss of their

health, and the remorse of their own reflections. It unfortunately happens—in the present artificial state of society—that many men are unable to marry before middle life, perhaps after a youth spent in more or less dissipation—perhaps after having acquired the seeds of disease and impotence. The question then arises—Is such a man capable of procreating healthy children, or of satisfying those desires implanted by nature in the most modest and virtuous of women, not less strongly than in man himself? The consciousness of deficiency must cause any man to feel abashed, and he can offer no excuse but what must tend to lessen the love and respect of his wife. Ignorance—of a density unequalled, of an obstinacy unparelled—long prevailed on the topics which control most completely the fitness of men and women for wedlock. There are certain stages of injured health, capable, by early and skilful treatment, of thorough and speedy cure; but which, if neglected, or injudiciously dealt with, render aught but disgust and misery in marriage a thing humanly impossible. No man is so likely to be jealous as the one that is conscious that his wife has just reason for complaint; and no woman is so likely to go astray as one who is tantalized by the abortive toying

of an impotent husband. We admit nothing can justify a wife in proving false to the marriage vow, and nothing can ever after restore her to the position of a virtuous woman; but cases frequently occur where much might be urged in extenuation, and where he who is considered the injured husband is in reality more guilty than his wife. Women were formed to complete the well-being of man, and those who abstain from intercourse with them are rarely either happy or healthy. Marriage constitutes the bond of society, and the respect paid to its ordinances affords the best test of the moral condition of a civilized people; but where generative weakness exists, let not the unhappy sufferer augment his own misery by the sacrifice of one from whom he can expect nothing but dislike, reproaches and contempt, and whose happiness may thus be marred. It may be safely affirmed, that a difference of temperament between married persons is conducive not only to mutual affection but to fertility. Nature appears to desire marriages between different families and nations, because such crossings of the various races improve and invigorate the species. Humboldt and others have observed that the offspring of Europeans and Ethiopians are peculiarly robust

and active. From numerous observations of a similar nature, he argues that the best mode of eradicating hereditary diseases, gout, scrofula, consumption, epilepsy, madness, etc., in their early tendency, is by the commixture of the species in intermarriage, which often prevents the transmission of disease to the next generation. The mental weakness, as well as mean appearance, of some of the European royal families is strongly confirmatory of the truth of these principles. Walker, in his admirable and interesting work "On Intermarriage," proves beyond the possibility of cavil, that insanity, idiocy, and numerous physical ailments occur four times above the average in the offspring of "*family marriages*." When persisted in for some generations, the race usually becomes extinct. Nor is this confined to man alone—the rule extends from man downwards, through the whole realm of animated nature.

The essentials of reproduction on the male side are a healthy condition of the whole generative system: the erection of the penis should be perfect, maintainant and vigorous, and the secretion and emission of the semen obedient to the command. On the part of the female, the generative organs should be sensible of the

approaching impulse; the best test of their healthy state is the presence of desire, and the enjoyment of the orgasm simultaneously with the male. Instances of generative incapacity, local weakness, and utter impotence are very numerous. Again, it is no uncommon circumstance for a man on his approach to a female, with a view to sexual commerce, though he may possess all the confidence necessary, to find the tone of his inclination suddenly leave him, and to observe a seminal discharge almost immediately on contact, or even before; the design is, of course, frustrated, at least for some time, and he has to endure the double mortification of incurring and giving disappointment. Another frequent deficiency is an insufficiently lasting erection, which prevents the mechanical irritation requisite to excite the proper action of the seminal vessels. Other persons possess both desire and capability, but at very considerable intervals—a sure sign of approaching decay. Occasionally, from disease, or from want of exercising the generative functions, men may be found where the organization is perfect (though the development is rather smaller than usual), yet where there is a total inaptitude, or, at all events, a complete distaste for sexual intercourse.

Such cases are curable without much difficulty. In the early stages of seminal weakness, different persons are variously affected; some are incapable of procuring a discharge of the semen into the cavity of the female genitals in a natural way, though they may effect temporary erection; while others cannot perform the act of copulation, from emission taking place too quickly, and before the proper firmness of the male organ has enabled it to effect the requisite penetration. What man, possessing the ordinary feelings of a man, can contemplate without a shudder these terrible consequences of self-indulgence? The nuptial bed of such an one, instead of teeming with a hallowed, ecstatic and transporting delight, is converted into a scene of blended mortification, disgust, disappointment, and suppressed anger; and it is now that the mistaken bride is made to feel herself the victim of previous sensuality—the poor, deceived, last hope of vigor—anxious for offspring, yet baffled from day to day in the arms of the man she has vowed at the altar to love and honor; and he, conscious of the cause of his infirmity, the dark secret smouldering in his breast, galling his wretched existence, and not to be imparted even to the wife of his bosom.

A gentleman recently wrote to us in the following powerful language:—"Dear Sir,—You are the first to whom I have plucked up resolution to open my case; I fear it is beyond even your skill, but, for heaven's sake, give it your careful consideration, and above all, let me have your candid opinion; I shall then know how to act. My age is 25; I have practised self-pollution, when a boy, some years, indeed to a very recent period. I married a beautiful young woman three months ago. I experienced an excitement most powerful, my passion was most vehement, and I attempted the sexual act. Immediately a spontaneous emission occurred, the excitement left me, and my emotions and desires became palsied. My system became utterly incompetent to manly or vigorous health. That is the history of my first attempt, and of every succeeding trial. If you can assist me I shall be grateful for life. My wife bears with me with angelic patience, but I cannot long endure my present wretchedness." In a letter a few months later, this gentleman writes:—"My Dear Sir,—Words fail to express my gratitude for your skill and kindness. I am happy to inform you that my dear wife is now enceinte. This I am aware will not surprise you; but I cannot forbear writing to express

my gratitude. My dear wife also desires to be most kindly remembered."

That the happiness of married life may in a great measure be secured or defeated by attention to, or neglect of, what lies in our power previous to its consummation, is as true as that there are duties obligatory alike upon man and wife after marriage. If a man has made a hasty or thoughtless selection, the fault is assuredly his own. Although it cannot be doubted that warm and mutual affection is an essential condition to married felicity, it must be remembered that passion is a false and treacherous guide, when not founded on well-merited and well-defined respect. It is often inquired, what is the proper age to enter the marriage state? and the question is one that is difficult to answer. Much depends upon individual health and temperament; but as a general rule, we find the happiest unions, and also the most fruitful, when the man marries from the age of twenty-five to thirty-five, and the woman is from five to seven years younger. Dr. Samuel Johnson observes: "Those who marry at an advanced age will probably escape the encroachment of their children; but, in diminution of this advantage, they are likely to leave them, ignorant and help-

less, to a guardian's mercy; or, if that should not happen, they must at least go out of the world before they see those they love best either wise or great." It is quite certain that on young women marriage will frequently have a most beneficial effect. Hysteria, Nervousness, Irregularity, sometimes even Consumption, are known to disappear after marriage. In reference also to the male sex, it is quite certain that, independently of many morbid affections and habits which marriage removes, it augments the energy of the system of the blood vessels; the distended arteries, pulsating with greater force, transmit warmth and animation throughout the body; the muscles become more vigorous, the step more elastic, the voice firmer, every physical attribute of humanity becomes boldly developed. Marriage, however, is not altogether made up of "sighs and wreathed smiles;" though it has its devotions, it has also its obligations; and the divine command, "increase and multiply," can only be obeyed by those in the full possession of mental and bodily vigor. Even under the most favorable circumstances of youth and vigor, it is necessary to warn the newly-married couple of the danger of excessive indulgence, which injures the health of women, and by causing

many painful diseases, soon renders intercourse utterly repugnant. It also prevents or impairs the offspring—for whatever enfeebles or diseases the sexual organs must of necessity have that effect. Temperance in the connubial embrace, as in all other things, is the medium which we should observe and recommend. The following case will illustrate some of the dangers to which we have referred:—W. S. called upon us for consultation early in June, 1862. His age was about twenty-five, and his occupation salesman in a dry-goods house. He had been always very regular in his habits, had never been guilty of Onanism, nor of illicit connection. His frame was rather delicate, and his temperament nervous-sanguine. About ten months previously he had married a young widow, and for about six months he indulged very freely in the pleasure of the marriage-bed, without feeling any bad effects. About that time, however, he began to lose flesh very perceptibly, and to feel great lassitude on the least exertion. His appetite failed—his sleep became disturbed and unrefreshing—his bowels constipated; in short, all the symptoms proved a general failure of health. Added to this, his sight became impaired, and also his memory—he lost energy and spirit, and

his daily occupation was a trouble to him. He now began to complain of pain in the upper part of the right lung, and considerable difficulty in breathing; and soon began to spit blood, of bright red color and frothy appearance. Becoming seriously alarmed, and suspecting that his illness was caused by excessive indulgence, he called upon us for advice. On examining his chest, I observed some dullness on percussion in the upper portion of the right lung, immediately under the clavicle; the respiratory murmur was also absent from this part—in other respects the lungs seemed all right. The action of the heart was somewhat irregular, being very much hurried from a slight cause. Of course, it was essentially necessary that he should abstain from all sexual intercourse; medicine was prescribed suitable for the case, and within a month he began to recover strength—the pulmonary symptoms gradually declined, and percussion elicited the natural healthy sound over the chest. He was under treatment some six or seven weeks, and he promises that the lesson shall not be thrown away.

We earnestly advice all who contemplate entering the marriage state to take advice from a thoroughly qualified practitioner, as to whether

there is anything to be set right before the marriage is consummated. Much misery, perchance innocent lives may be spared by attending to this obvious and easy duty. Sometimes an old venereal contamination may be lingering in the blood. Careful examination and analysis will decide; and treatment for two or three weeks may prevent long years of unhappiness.

In concluding this part of my subject, I may be allowed to observe that it is right and useful that all men should know that there are principles of personal management which cannot be violated without the incurral of grievous penalties; it is right that they should know, when wisdom and regret succeed the heyday of inconsiderate self-indulgence, how these penalties may be mitigated, and how the sting of their remorse may be ultimately removed. The most absurd of all emotions is that of despair. Let the sufferer remember that there is scarcely any degree of weakness or functional derangement to which the timely aid of science cannot apply a cure.

LECTURE III.

ONANISM, OR SELF-POLLUTION.

Manustrapsio, Masturbation, the Sin of Onan, are the names commonly given to this pernicious habit, which may be defined a discharge of the semen by the stimulus of the virile organ with the hand; the habit (it is said) of the solitary monk and recluse, as well as of inconsiderate youth, and too often of those whose riper years should prevent their guilty indulgence in an act so revolting to humanity, and so destructive to every sentiment and feeling of vigorous manhood. If we refer to the opinions expressed by the most celebrated physicians amongst the ancients or moderns, we find a remarkable uniformity in their opinions on this subject. Celsus remarks, "These habits are always hurtful, and indulgence in them weakens the strongest constitution." Galen gives a corresponding account of the evils caused by this vice. The late Mr. Benjamin Bell, the eminent surgeon, of Edinburgh, also, in reference to the effects of this indulgence, says,—“A habit so baneful to many of our youth, that I believe it to be more destructive in its effects than a greater proportion of all the

diseases to which in early life they are liable." Besides rendering the patient himself miserable, it evidently entails the severest distress upon posterity by generating languor, debility and disease, instead of that strength of constitution, without which there can be no enjoyment. Lallemand remarks,—“Our lunatic asylums afford many instances of insanity produced by this detestable practice.” Nocturnal pollutions, or “wet dreams” are in most cases brought on by Onanism. After a short period has elapsed, the nocturnal are now conjoined with diurnal pollutions; the semen passes off in the urine, or at stool, without sensation, and therefore unmarked by the patient. It therefore becomes a problem of the greatest interest and importance, if there be any means by which the presence of spermatozoa, or the *living principle of the seed*, may be detected with certainty. We have introduced into our practice the use of the microscope, which for the purpose of diagnosis is *absolutely indispensable*. By the examination of a small quantity of the matter or discharge from the urethra, or by the microscopic observation of the urine we are enabled to decide with certainty as to the presence or absence of the seminal fluid, and, consequently, on the neces-

sary treatment required by the case. A gentleman called upon us in September, 1866, aged 27. He stated he had been induced to consult us, owing to having observed some yellow-colored stain upon his linen. He had been treated for nearly a month for gonorrhœa; but finding himself get worse instead of better, had called for our opinion. We carefully examined the discharge, and also the urine, by means of the microscope, and immediately detected a great loss of semen in the urine, and that the matter consisted almost entirely of the seminal fluid. On inquiry he admitted, though with great reluctance, that he had been in the habit of practising Onanism. A proper course of medicine was administered, and in four or five weeks he was entirely well.

It frequently occurs, as a result of self-pollution, more especially when practised in early youth, that the testicles do not attain their full size and powers of secreting semen. This state has been termed "*an arrest of development*," a phrase which simply means that the organs have ceased to grow at a period of life previous to puberty. We have seen the case of a gentleman, aged 28, whose penis and testicles were not larger than those of a boy ten years old.

Other cases of a similar character have also presented themselves to our notice. Such instances are not beyond the influence of medicine, unless when they occur in the persons of idiots. Wasting or diminution in the size and powers of the organs may occur at any age. The testicle may retain its proper shape though diminished in size; it feels soft to the touch, and loses its elasticity and firmness. In texture it is pale, and the blood-vessels seem diminished in number, the spermatic cord becomes affected by the disease, the nerves shrink, and the cremaster muscle disappears. The thin gelatinous semen which is formed is entirely devoid of spermatic granules and spermatozoa. In other words, its fertilizing power is lost, and impuissance gradually results. When disease is the cause of the atrophy, the testicles may alter in shape—become uneven and irregular—sometimes elongated as well as diminished in size and weight. There is one form of disease which frequently precedes the decay of the organs, and which is seldom observed by medical men—a low inflammation, quite painless, acts upon the testicle, and gradually increases the bulk, at the same time diminishing the firmness and consistency; in some instances the testicle almost feels

as if dividing. On inquiring into the origin of these cases, we frequently find that a swelled testicle (*hernia humoralis*) has existed, caused by gonorrhœa. Hence the necessity of curing urethral discharges as rapidly as possible, and the care required in the use of astringent injections. Injuries of the head, more especially the back part of the head, have been known to produce decay of the testicle; and this fact may tend to support the theory of the phrenologist that the seat of amatory passions is in the cerebellum. Doubtless the brain exercises great influence on the desire for sexual intercourse, and it is equally certain that there is a reciprocal action of the generative organs upon the brain. Such is the similarity of structure of the brain and the testicle, and so great the sympathy between them, that an extensive experience during many years has proved that in some instances a species of derangement is caused by diseases of the generative organs. It is chiefly on the youth of both sexes that self-pollution commits most ravages. This is so much more to be deplored, as it thus strikes at the very root of society, and has a direct and immediate tendency to destroy it, by enervating and debilitating, almost from their very cradle, those whom nature's

God intended as best adapted to preserve and adorn it. How many of the debilitated and emaciated objects daily present themselves to our view, with pallid and haggard countenances and sunken eyes, who are indebted solely to the abominable act of masturbation for this wretched state of debility and exhaustion? Disabled from rendering service either to themselves or friends, they drag on a life totally useless to others and a burden to themselves, in the midst of society in which they are despised. A frequent cause of the practice of Onanism is IGNORANCE of the enormity of the crime, a crime, of which an eminent divine has written:—"In itself it is monstrous and unnatural—in its practice filthy and odious to extremity—its guilt is crying and its consequences ruinous—it destroys all conjugal affection—prevents natural inclination—and tends to extinguish the hopes of posterity."

There are thousands among the youth of both sexes—ingenuous, docile, diligent, and tractable—who, either from example or from accident, have thus learned this vice, who would have abhorred the thought, had they understood the nature of the sin, and been made acquainted with its fearful results. As connected with this subject, we may here observe that anything like

attempted concealment respecting it is a practical injury to morality. The Book of books itself is not only standing evidence of the heinousness of "*the sin of Er and Onan*," but of the necessity of proclaiming it to all mankind. Their sin was committed in the full consciousness of its inherent hatefulness, and therefore their punishment was most signal. Their example has been left on record as a FEARFUL WARNING TO FUTURE GENERATIONS; as a measure of the depravity of certain transgressions, and the inevitable certainty of retributive justice. Another cause of self-pollution is the secrecy with which it may be committed; all other actions of uncleanness must have a witness, this needs none. Again, the laws against adultery, though in many cases inoperative, are sufficient to deter many; whereas in self-pollution neither the CAUTIOUS nor the COVETOUS imagine they have anything to fear. How strange it is that a man should show bashfulness and the utmost cowardice to his fellow-creature (even should that fellow-creature be the most impotent wretch) and that he should behave with gigantic boldness and impudence to the Almighty Creator of heaven and earth. The most experienced medical practitioners are of opinion that the development of

the nervous system, and the predominance of its action over the other parts of the organism, are also amongst the causes of masturbation. We comparatively seldom see this habit indulged in by robust and vigorous persons, whose muscular and digestive organs are in full development; they are generally more disposed to exercise their limbs, as well as their appetite for the pleasure of the table, in which their minds are too much engaged to allow them to addict themselves to indulgences in other gratifications. This excessive development of nervous sensibility, which is the source of so many praiseworthy actions, as well as of so many vicious enormities, and which, according to the directions it receives, gives rise to the most splendid or to the basest of results, may be derived either from natural disposition or from early education. It is immediately after early infancy, at that epoch when the faculties of the new being commence to be developed with energy, that he runs the greatest danger. If then an unfortunate accident, or, as too frequently happens, the indelicate touches of strange hands, disclose to the young subject what may at this time be considered a new sense, there takes place at this period towards the genital organs a greater or less con-

centration of the vital forces, and the patient, led on by the delusive pleasure, gives himself up with fury to a vice which is sure soon to destroy him, or draw down on him evils more terrible than death itself. Another most dangerous period of life is the approach of puberty, which varies in this climate from the age of eighteen to twenty-two. The rapid growth of the generative organs—the increased power and frequency of erection—the rapid secretion of semen — all lead to the performance of that act which is sure to occasion the deepest remorse. It is the attentive consideration of these varied facts which explains to us how the habitual exercise of the genital organs, either by coition or masturbation, may so far get the better of the will of the individual as to force him to indulge in practices, the object of which is to gratify the venereal stimulus. In almost all such cases the shameful act when finished, is invariably followed by bitter regret; but as the organs obtain repose, the resolution which he had adopted, of relinquishing the baneful practice, and which he had thought nothing could shake, are soon forgotten. We have frequently heard patients exclaim: “Oh! how often and often have I solemnly sworn never again to pollute myself, and how

often have I promised myself, when in the act, that it should be for the last time." We implore those who have addicted themselves to this ruinous and suicidal habit not to rely on their own resolution—not to depend on their own firmness and fancied strength of mind; let them appeal to Higher Aid—and, above all, let them prayerfully avoid temptation.

If we compare the injurious effect of excessive indulgence in coition and those of masturbation, we shall find that the causes which combine to render excess in the former dangerous act with much more energy in the second, and that several circumstances peculiar to the latter render the results of its frequent repetition more serious. It is well known that the man who addicts himself to the solitary and debasing practice of Onanism is kept for a considerable time in a state of general and permanent rigidity of the entire body; this state of tension is sometimes carried so far that very painful cramps are caused by it, and the fatigue which results obliges the patient to relax his efforts occasionally to take rest. It is sufficient to observe the circumstances which accompany masturbation to see that the nervous system must be directly affected by it, not only from the violent and continued con-

tractions which it occasions throughout the entire muscular system, but also by the prodigious tension of the imagination, which is in cases wound up to its highest state, in order to represent to the devoted votaries of self-pollution the fantastical object of their disgusting transports. Another cause which renders Onanism more dangerous than excessive indulgence in coition arises from the circumstance that it is much easier to addict one's self to the one than to abuse the other; for when a man gives himself up to the natural pleasures of love, the fatigue felt, as well by his companion as by himself, will have the effect of preventing his exhaustion; whilst on the other hand there is no bridle, no restraint on him who practises self-abuse; the former is in general obliged to wait for a favorable moment and opportunity to indulge in his excess—every moment answers the purpose of the latter—all he requires is mere solitude. He constantly carries about him the sting which torments him; he alternately finds his imagination exciting his organs, and his organs inflaming his imagination. In short, there is nothing to distract or take up the attention of one who has addicted himself to Onanism, whilst a thousand circumstances are constantly distract-

ing the attention of the man who is disposed for the enjoyment of a female. Another serious danger in this vice is the period of life when persons addict themselves to it; we have occasionally met with it in quite young children, most frequently amongst full-grown boys and young men, for the various difficulties and impediments which prevent copulation before a certain age do not exist in the case of Onanism—thus the generative propensity, called forth prematurely, and gratified viciously, steps in amidst all the natural efforts of growth, with its unnatural train of moral excitations, sensual shocks, and physical pollutions. No wonder that the Father of Medicine should notice its effects, thus *Ætius* gives the following description: “Young people have the air and appearance of old age; they become pale, effeminate, lazy, benumbed, stupid and imbecile; they have a total distaste for everything, are totally incapacitated, and may even become paralytic.” In short, when we look upon the horrible consequences resulting from this practice, are we not justified in regarding it as a lingering moral and physical suicide?

As we have intimated, the practice of Onanism, when once indulged in, is difficult to abandon; the patient is perhaps for years unconscious of any

change, and no one part of the body feels weakened more than another; but there gradually comes over a creeping languor, a want of energy, a sensation of lassitude, a depression of spirits, ennui, and a disinclination for society; these feelings at length increase so as to attract the attention of the patient and his friends. He and they are sensible that he is not what he formerly was; his face becomes pallid, the circles around the eyes depressed and darkened, a thinness is visible in his looks, his hands are frequently cold and clammy, he cannot bear the cold he was wont to do, his old pursuits have no attractions for him, nor do any new ones attract his attention; his memory becomes imperfect, his vision is not so clear, nor his sight so strong, as formerly; morbid sensations annoy him; at length he sinks into fatuity, and either is carried off by some rapid decline, or hastens his end by laying violent hands on himself. Such is the history of many cases of suicide of which we read in the newspapers. The following, illustrating many of the above features, is from the work of the celebrated French physician, Tissot:—

“———, by profession a watchmaker, had been brought up morally, and, until the age of

sixteen had enjoyed a state of perfect health; about this period the evil example of a youthful companion initiated him in the habit of self-abuse, which he repeated daily, even to the extent of two or three times, and until the seminal emission was followed by a slight insensibility, and a complete prostration of mental and bodily strength; this warning was insufficient to rescue him from his disgusting practices; and the repetition of them became more frequent, till he was in a state which gave reason to apprehend a fatal termination. Too late a penitent, he had become incurable, and the generative organs were so weakened that the slightest irritation caused a partial erection, with an immediate emission of seed, which of course increased his weakness, and, becoming incapacitated, he was obliged to relinquish his business. Thus, overwhelmed with misery and disgrace, he pined for some months without assistance, with the agonizing reflection that he himself was the cause of his awful situation. I was called upon to attend him, and found him past recovery; he was meagre, pale, and almost incapable of moving; a palish watery matter issued from his nose, and a continued frothing from the mouth; he was affected with diarrhœa, and voided his excrement in bed, without being

conscious of it; he had a continued discharge of semen; his eyes were fixed and watery, and his pulse low, rapid, and at times almost imperceptible; it was with much difficulty he breathed, and he was reduced nearly to a skeleton. His mind was equally disordered, his memory was lost, incapable of forming or connecting his ideas—in short, without reflection or any sensation but pain; he was reduced far below the brute creation, and presented a spectacle hardly possible to describe. I immediately administered tonic medicine in conjunction with anti-spasmodics, without the slightest hope of affording more than a little temporary relief, and having effected this, I declined attempting to remedy further what was past any human aid. He gradually sunk, and for a few days prior to his dissolution, which took place in the middle of August, he lay in a state of unconsciousness, and was utterly incapable of taking the least nourishment.”

Thanks to the exertions of Medical Science, aided by the researches of many skilful physicians, who have devoted their lives to the investigation of these diseases (amongst others I may be allowed to record my late lamented teacher and friend, LALLEMAND, as the most scientific and keenest observer, the most successful in

practice, and, finally, the most benevolent)—thanks to the important discoveries in chemistry and to the light thrown on the cause of disease by the use of the microscope, we have not often presented to us cases so desperate as the above. Indeed, during my long experience and extensive practice, I may assert, without hesitation, that no one patient has left my charge without having derived immense benefit from my treatment; and many cases, apparently hopeless, where my patients have been far gone in consumption, where the vital energy has been reduced to the lowest ebb, where generative debility and impuissance have existed for years, have been restored, under Providence, by my remedies to health, strength and manhood.

Still it is difficult to depict a more truly miserable being than the slave to licentiousness. His imagination burning with filthy, unnatural glow; his bodily organs taxed to the utmost, weary and jaded, refuse to obey the stimulus of that never-slumbering depravity which goads his fancy in the darkness of night, in the dreams of his broken rest, and in the worse than dreamy abstractions of the cheerless day; he is tormented with desires he can never gratify, shut out from those enjoyments accorded only to virtuous

moderation; the blossoms of youth (perhaps the flower of manhood) the supremacy of mind, all degraded, obliterated, gone! Let not the intensely prurient, yet seeming modest victim of self-pollution lay the flattering unction to his soul that from the eye of his fellow-mortals he can conceal his unmanly practices. It is written upon his forehead; the physiognomy, that faithful mirror of the soul and body, gives clear indication of the internal disorder. The complexion and plumpness which jointly confer a youthful look, and which is the sole substitute for beauty—for without this even beauty produces no other effect than cold admiration—this complexion and plumpness are the things that first disappear; a leanness succeeds; the skin becomes rough, often of leaden tinge; the eyes lose their brilliancy, and by their languor express that of the whole frame; the lips lose their vermillion hue, the teeth their whiteness, the hair falls off, and it is no uncommon thing for the whole body to become bent and distorted. Abashed, the sufferer shrinks from the gaze of his fellow-man, fancying suspicion in the eye of every one who looks upon *his sunken, haggard, pale, unmeaning, inexpressive face; his dull, lack-lustre eye; his thin and tremulous form, which all betray him to the*

practised observer. FOR SELF-POLLUTION ENTAILS UPON ITS VICTIM MARKS AS LEGIBLE, TO THE EYE THAT CAN UNDERSTAND THEM, AS THE SCARS OF SMALL-POX; and thus proves a striking fulfilment of the prophetic warning—"There is nothing done in secret that shall not be revealed," nor hidden, even from the recognition of mortals, that shall not ultimately be made, even to them, evident as noon-day. Shall we not therefore raise our testimony against these vices? Sir Astley Cooper justly remarks in one of his lectures: "If one of these miserable cases could be depicted from the pulpit as an illustration of the bad effects of a vicious and intemperate course of life, it would, I think, strike the mind with more terror than all the preaching in the world. The irritable state of the patient leads to the destruction of life, and in this way, annually great numbers perish. Undoubtedly, the list is considerably augmented from maltreatment, and the employment of injudicious remedies." And the late learned Dr. Pereira, whose abilities as a practical physician were only equalled by his acquired learning and innate knowledge of human nature, observes, in reviewing "NERVOUS EXHAUSTION,"—"There is a vast deal of injury done, not merely to public

morals, but to the individual health, by the abuses and excesses of the reproductive functions; the primitive fathers and physicians have duly noticed the evils to which I allude, and every experienced medical practitioner can attest their frequent occurrence. It is all very well for sentimentalists and the mock-modest to declaim about the notice of them; but justice, morality, and the preservation of health, as well as the perpetuation of the human race, demand it. Such, however is the hypocrisy of the day, that even a notice in a dead language is abused and condemned by the ignorant and intolerant, who are unable to appreciate the importance of the subject. This is a bold step in the right direction."

Nor are the evils of self-pollution confined to the male sex only. That it rages with deathly virulence among young women, especially among young ladies in the higher circles of society, is a matter of notoriety. Dr. Fowler writes,— "That women, young and apparently modest, are dying by thousands of consumption, of female complaints, of nervous or spinal complaints, of general debility, and of other ostensible complaints innumerable, and some of insanity, caused solely by this practice." In confirmation of this, Mrs. Gore, in her "Lectures

to Ladies on Anatomy and Physiology," remarks, — „Some years since, my mind was awakened to examine this subject by the perusal of a medical work that described the bad effects of this vice (masturbation) when practised by females. This was the first intimation I had that the vice existed among our sex; since that time I have had much evidence that it is *fearfully common among them*. Were this the particular vice of the low and vulgar, there might be more excuse for the apathy and false delicacy that pervades the community respecting it; *but it invades all ranks*—professed Christians are among its victims. Our boarding and day schools are sources of intolerable mischief." Mrs. Gore is one of those ladies who, throwing aside conventionality, have studied anatomy and medicine; she passed one of the colleges in the United States, and now enjoys an extensive practice, as well as much reputation for skill, in Boston, Mass. On this subject her testimony is of value, and we do not scruple to make use of it. The effect of self-pollution in the male is similar in the female; the results common to both are impotency in the one, and sterility or barrenness in the other. We observe amongst them much tendency to hysterical complaints. Consumption

numbers amongst its victims many young and fair, who have first brought on its seed by self-abuse. The glairy discharge, so common and so weakening, and which is generally termed the "*Whites*," is another frequent result of this error. We do not mean to assert that in every instance this discharge is thus caused. I have known many instances where it has been caused by excessive intercourse with the husband; but when it occurs amongst unmarried women of a certain age, self pollution, though not the invariable cause, is one of the most prominent and predisposing. But enough on this very painful subject—we probe the wound deeply that we may the sooner heal it. Should this fall into the hands of one who has sinned, let her remember that science and skill may do much to restore to health and happiness—let her repent, and pray that "she sin no more."

Many individuals scarcely turned forty years of age, and sometimes even earlier, who have lived rather freely, are not unfrequently about that period of life *greatly changed in their powers of sexual intercourse*. They may, indeed, in general health and personal appearance, be stout, and for several years not very sensible of *the degeneration of their powers*, but the frequency

of their inclination for such duties gradually becomes much diminished, and that is a symptom which is at all times indicative of approaching impotence; for the inclination gradually and entirely ceasing, the power speedily follows, or rather both are lost together. In others, about the same time of life, the physical power ceases first, and the inclination continuing, often for many years after, they are obliged to gratify themselves in amusements which are the mere *pantomime of amorous indulgences!* Such individuals, being otherwise in tolerable health, are recoverable.

Many who have unwarily acquired the habit of self-pollution have been convinced, by reading this treatise, of its iniquity and injurious consequences to health, and have determined to give it up, thinking that by so doing they may recover their pristine health and vigor. In this, however, they are deceived. A new and unnatural association having been established between the organs of generation and the mind, the bad consequences of the practice do not cease when the habit is left off. Involuntary discharges of semen take place during sleep, occurring as frequently as two or three times in the course of one night. The effect of these

emissions is extremely debilitating ; all the symptoms already described are aggravated, and the mind sinks into a state of the deepest dejection. Here there is no time to lose; they should immediately apply for the necessary medicine, and the practice being discontinued (certainly a main point in the case) they may confidently anticipate the speedy renovation of their constitution. I therefore recommend an early application for advice and assistance, which in every case will be given with that kind consideration and undeviated attention that will give confidence to the timid, and restore vigor to the debilitated.

LECTURE IV.

OF NOCTURNAL EMISSIONS, SEMINAL WEAKNESS, IMPOTENCE, STERILITY, AND NERVOUS EXHAUSTION.

The secretory glands of the human body form an apparatus, the action of which is unvarying and constant. The liver is perpetually employed in the formation of bile; the kidneys, in the separation of urine from the blood. In fact, all the secretions are derivable from the living and vitalizing fluid. The gall-bladder is provided as the temporary receptacle for the bilious soapy fluid secreted by the liver; and as the wants of the system require, it is poured into the first intestine to assist in the separation of the nutritive portion of the partially digested aliment. Precisely analogous is the action of the testicles, pouring their appropriate secretion into the receptacles described in the anatomical section of this work, and denominated the "*vesiculæ seminales*, or *seed-bladders*," not to be absorbed again into the system, but rather to be excreted as indispensable to the reproductive act. Hence the *stimulus* arising from *distention* of these vessels becomes a pleasurable impulse to the

necessary multiplication of the species; and if sexual desire were susceptible of gratification only as the result of instinct; if depraved man, instead of lashing his genital organs to exertion by filthy conversation, lewd and impure imaginations, and the various causes which are entirely absent among the brute creation; if, like them, he were content to follow the dictates of his unerring organization, diseases from excess would be unknown, equally among us as with them; and their proverbial and almost certain fecundity be but the transcript of our own. As the seminal vessels (like the gall-bladder) will not allow of extraordinary distention the *thinner* portions of the semen become *partially* absorbed; and though thereby the bulk of that secretion be lessened, yet the residuum becoming more acrid and stimulating, the impulse to excretion is thus rendered unconquerable; and so nature (in the absence of the act to which the stimulating impulse tends) occasionally relieves herself of the superabundant secretion. Of this act, men are mostly unconscious; if, however, it arrest attention, its *frequency* and its *consequences* are the circumstances that rouse the proper and natural fears of the sufferer.

A popular author on this subject observed,—

“ The causes of these nightly or ‘wet dreams,’ as they are called, are numerous. In the first place, the testicles must have acquired, through the practice of Onanism, (for involuntary emissions rarely assume the formidable character here depicted, except induced by masturbation), a morbid sensitiveness, that, on the slightest local or neighboring irritation, they put in action their secretive powers. In fact, the infirmity might not inaptly be termed a consumption of those glands. Consequently, the causes may be, at this period, piles or hemorrhoids, constipation, indigestion, irritability of the bladder, or kidneys, &c., &c.; for they all, more or less are present, and, perhaps, severally aggravated by stimuli, of one kind or other, taken during the day or previously to rest. Another occasion may be the loss of tone of the absorbents, and also loss of the sensibility of the passages through which the discharge escapes; thereby acting as somnolent sentinels only to the brain, whereby even the little control the will might possess is lost! So by this we perceive that this infirmity is not merely local debility of the generative apparatus, but that many other functions of life participate in it. The constant drain from the testicles impoverishes the whole system, and the same phe-

nomena ensue as when Onanism is practised to the same extent. The semen of a person tormented with this infirmity is thin, watery, sickly odored and rarely prolific. Although I have already depicted the consequences of unnatural indulgences in the previous pages, the following passage, from a more able pen than my own, exhibits so well the desolating effects alluded to, that its transcript is too useful to my purpose to neglect:—"The muscles of the youth become soft; he is idle; his body becomes bent; his gait is sluggish, and he is scarcely able to support himself. The digestion becomes enfeebled, the breath *fetid*; the intestines inactive; the excrements hardened in the rectum, and producing additional irritation of the seminal conduits in its vicinity. The circulation being no longer free, the youth sighs often, the complexion is livid, and the skin, on the forehead especially, is studded with pimples. The corners of the mouth are lengthened, the nose becomes sharp; the sunken eyes, deprived of brilliancy, and enclosed in blue circles, are cast down; no look of gayety remains—the very aspect is criminal. General sensibility becomes excessive, producing tears without a cause; perception is weakened, and memory almost destroyed. Distraction, or

absence of mind, renders the judgment unfit for any operation. The imagination gives birth only to fantasies and fears without grounds ; the slightest allusion to the dominating passion produces a motion of the muscles of the face, the flush of shame, or a state of despair. The wretched being finishes by shunning the face of men, and dreading the observation of women. His character is entirely corrupted, or his mind is totally stupefied. Involuntary loss of the reproductive liquid takes place during the night, and also during the daily motions ; and there ensues a total exhaustion, bringing on heaviness of the head, singing in the ears, and frequent faintings, together with pains, convulsive tremblings, and partial paralysis."

The reproductive power may not be entirely destroyed by that state of generative debility which is engendered by nocturnal emissions, and yet very painful consequences of another character may unquestionably arise. A healthy female may become pregnant, from the feeble yet exhausting effort of a man whose constitutional power is seriously broken, yet it would be unfair, unphilosophical, unsupported by any analogy drawn from the history of the

lower animals, to expect that this circumstance would not tell most powerfully and detrimentally upon the offspring. The opinions of the learned, in all ages, have not varied widely on this subject. Lucretius, and a great number of ancient physiologists, admitted this doctrine. That great man considered that there was a mixture of fluids, and that these, united in the sexual organs of the female, were animated, developed, and changed into a being resembling those who furnished them. Further, *that the most vigorous of the two determined the sex*; and if this principle be admitted, it is easy to trace every puny or diseased peculiarity the father or mother may transmit. It appears to be the general opinion *that whichever parent furnishes the most elaborate, the most abundant seminal fluid would impress the lineaments and form upon the offspring*; that the most vigorous parent who would possess most genital power, would determine the sex and physical character of the infant; and consequently that the offspring would most certainly resemble this parent, both in mind and body. If genital power be equal, the child may be expected to resemble both. But this can scarcely be expected, where there is debility of the generative organs

in either parent, and the elaboration of imperfect fluids, from their too frequent escape.

OF SEMINAL WEAKNESS.—The prominent character of *Seminal Weakness* is *general*, not *partial*, debility. The seminal vessels are fitted to perform certain functions with progressive regularity, which, if undisturbed by disease, or unimpaired by vicious perversion of the natural sexual habit, they will continue to execute through the whole range of the years of active manhood. *Sexual ability in man* is a mysteriously compound power, requiring a perfect association in the action of the secretory organ of the seminal secretion, and the instrument of its ejaculation and discharge. Any functional irregularity, or want of correspondency between the action of the testicles and penis, is therefore an unquestionable state of disease; for since both are so closely and intimately dependent on each other, the least want of exactness in their adaptation might be the cause of *Impotence*. Whatever be the mode in which this deviation from the healthy and natural action of the parts is first induced, it is not difficult to trace its inevitable effect in the production of *Seminal Debility* and the ultimate destruction of sexual power. Irrita-

tion, however engendered, rapidly propagates itself along the urethra; and chronic inflammation of the prostatic and most sensitive portion of that canal is rapidly established, and the muscles surrounding the membranous division of the urinary passage are sympathetically affected with irregular spasm. The irritation extends itself by continuity of surface to the seminal vesicles, and even to the testicles, producing in the former unnatural evacuations, and in the latter an exaggerated thin secretion, too rapidly elaborated, and therefore, for all the purposes of generation, worthless.

Among individuals so affected (on attempting intercourse with the sex) the *emission is too quickly discharged*, nocturnal pollutions are frequent (indeed these are often the immediate precursors of seminal weakness) or *the semen is expelled during the evacuation of the bladder and bowels*. With some, there is more or less complete extinction of venereal desire, the erections become few and feeble, incomplete, or absolutely impossible. This condition of the sexual organs has its appropriate general character, analogous to those which are attributable to the wilful and determinate pollutions

of earlier youth ; the sufferer, now perhaps too late, sensibly alive to the origin of his weakness, becomes timid, fearful, careless of the world around him, his mind absorbed in the consideration of his malady, until the continual presence and recurrence of the same train of painful thought involve him in the worst form of *monomania*, or rather the premature childishness of old age. All the functions of the body languish and are deranged, until a complete and general degredation sweeps with uncontrolled dominion over every power and faculty, both of body and soul. *The seminal fluid may dribble away without pleasure, without erections, without the natural ejaculation* and its loss, when occurring in this manner, gives rise to the same or infinitely greater evils than those which occur from mere sexual excess, or what is worse, from self pollution.

The term IMPOTENCE is applied as relative to that inability or incapacity to the performance of the sexual act, which may arise from a variety of causes, but from none so frequently as the excesses of Sensualism, more especially the secret, vicious, and solitary indulgences of self-pollution. It is important, in a practical point of view, that we do not confound this condition

of the generative system with STERILITY, inasmuch as a male who is sterile, or a barren female, may possess a perfect aptitude for coition, though for all the purposes of procreation absolutely incapable. In Impotence there is a temporary or permanent destruction of those powers which are absolutely essential for *generative* purposes. *Sterility* may therefore be defined as inability to propagate the species, though not to affect the sexual congress; while *Impotency* in either sex, whether natural or acquired, whether as the result of disease or malformation, *entirely precludes its performance*. Impotence, resulting from physical imperfection of the sexual organs, is mostly incurable; but when originating in such disorders of the urinary or genital apparatus as are traceable to irritation or inflammation of those structures, or to conditions however produced, thence resulting, such as thickening of the bladder, enlargement of the prostate glands or testicles, wasting of the penis, especially long-continued gleet and strictures, our first efforts are naturally directed to the removal of those *proximate* causes of Impotence; and if the habit be still indulged, the baneful, ultimate, or *primary* cause of so severe a deprivation. If, under those

circumstances, Nature do not readily reassume her wonted functions, if there be remaining debility, it is necessary to invigorate the frame by the employment, not merely of those diffusible stimuli which act generally upon the whole system, but by the administration of remedies which are known to act immediately upon the generative organs. If there be present excessive irritability, it is necessary to employ such remedies as tend to diminish irritation in the morbidly sensitive organs.

The causes of Impotence in man arise from two sources—from vicious malformation of the genitals, or from want of power; but among women, Impotence can only depend on malformation, either natural or acquired. These causes are more commonly observed in man than in the other sex, and this is easily accounted for by the greater part the male has to perform in the nuptial congress. This is evident from the phenomena which gave the virile member the form and disposition proper for erection, the introduction of the organ, and the ejaculation of the semen, which are effected by a violent and complicated action, requiring a concurrence of many indispensable conditions, the organs not only contracting spasmodically *

to effect the expulsion of the male fluid, but all the body participating at this moment in a strange convulsion, as though nature at the instant forgot every other function. It will be obvious that the treatment must admit of wide modification, as Impotence may be *absolute or relative, constitutional or local, direct or indirect, transient or apparently permanent*. Many defects of conformation are sufficient, more or less completely, to interfere with the sexual act; among men, preternatural length, closure, or adhesion of the foreskin, constituting *phymosis* (which may be either congenital or the result of disease.) Cancerous or scirrhus enlargement of the prostate is frequent in advanced life, and forms another obvious physical bar to copulation. Among females, adhesion of the sides of the vagina is not so common as an imperforate state of the hymen, which occasionally closes so completely the entrance to the internal organs, that the menstrual secretion has been known to accumulate behind that membrane, and for want of the natural outlet, the cavity of the womb has naturally assumed a distention closely simulating that of pregnancy. Some, from *constitutional frigidity*, are impotent; thus we read that Zenobia, Queen of Palmyra, only admitted

her husband's embraces once a month, and then solely in relation to posterity ; it is doubtful whether under such circumstances her sense of duty would atone for the absence of inclination. Excessive venery, and the profuse discharges of *fluor albus*, or the whites, are susceptible of completely destroying all power of excitement in women ; *hence prostitutes, from over-stimulation of the generative organs, seldom conceive. Transient impotence* is often the result of mere apprehension. Too eager desires, too ardent imagination, the ecstatic effect produced by the sight of a beloved object, extreme nervous susceptibility, are often sufficient to produce temporary impotence.

It is not unusual to meet with instances of married people becoming quite indifferent to each other's embraces. A patient of mine confessed to me his inability to complete the sexual act with his wife, unless, by an effort of the fancy, imagination conjured up the form of some more voluptuous female. Physical defect *may* constitute the cause of impotence, but more frequently there is neither organic defect nor local disease ; the affection is a mere nervous suspension of power, which is soon removed under proper management. Even this has its

wise ordination. Any individual, however nervous in his physical capacity, if he anticipate with too intense eagerness intercourse with a beloved object, will seldom perform the act well. Even among the most ardent and powerful, it occurs, as many have confessed, that after waiting time after time for opportunity, when that has arrived, they have not had the power to take advantage of it; a nervous anxiety, a tremulous delight absolutely indefinable, has completely thrown prostrate all power, and the object of passion has been saved from perdition by its paralyzing all the fire and ardency of animal desire. If the imagination wander from the task, *temporary Impotence* is the result; and many writers are firmly of opinion that impregnation is often impeded from the presence of ideas which interfere with the due performance of the generative act. Sterne has happily commented on this point in one of his most popular works, introducing his maternal parent as asking *at a most untimely moment*, whether his “father had not forgotten to wind up the clock.” His views are strictly physiological. Such is the power of the moral over the physical state of man!

Impotence in the male may arise, then, from a wide diversity of conditions. Incapacity of erection, generally referable to self-pollution ; Impotence, arising from a want of power of retention in the seminal vessels, induced by a morbid susceptibility of those vessels, and brought about in like manner by a persistence in the same vicious practice ; Impotence, from inability of retention resulting from repletion of these vessels, all demand a variety of treatment peculiar to the precise condition of the parts. Impotence from mental influence has also its appropriate management. Exclusive of this, the generative infirmity under consideration, though occasionally arising from simple disease, is ascribable in by far the greater majority of instances to the excesses of Sensualism, either with women, or, more commonly still, *from that vile excess* to which such frequent allusion has been made in these pages. Long-protracted chastity or continence is not to be overlooked as a cause of Impotence: the very reverse of the degrading habit of self-pollution, it is not only comparatively rare, but offers in its very nature the indications of cure. But that long-continued debauchery, whether with women or by masturbation, is to be assigned as

the most common and prominent of the causes of Impotence, is a fact admitted by all systematic writers, and amply and painfully confirmed by my own experience. Mons. Pinel observes,—“ *The Impotence caused by the latter excess reduces youth to the nullity of old age, and is too often incurable.*” Fortunately, the records of a numerous list of cases prove that recovery of the powers of manhood is not (under judicious management) so altogether hopeless, as might seem to be the fact, trusting only to the observation of those medical men who have made these subjects their peculiar and exclusive studies.

Impotence is often caused by debility of the genital organs, induced by *precocious venereal enjoyments*, or by the unrestrained abuse of the delicate structures in any method that tends to produce repeated and severe evacuations of the seminal fluid. If impotence result from self-pollution, *there is a want of erection*, and should a seminal emission take place, the semen does not possess its prolific power, and thus *the man is at once IMPOTENT and STERILE*. This form of impotence is truly deplorable, and unfortunately it is the most prevalent variety ; nevertheless, *the author has cured many persons la-*

boring under this distressing complication, although several involuntary *diurnal* as well as *nocturnal* emissions have regularly occurred without amorous impulse. Next to *Self-pollution*, EXCESSIVE VENERY is a frequent cause of impotence, as well as of sterility among the male sex. *This is a frequent cause of want of offspring in young married persons.* In these cases, the semen may escape without the aid of the ejaculatory muscles, is imperfect in quality, devoid of power until the health be improved; or, if impregnation ensues, the child undoubtedly partakes of the debility of the parent, soon to be consigned to a premature grave, the victim of that *nameless atrophy or wasting decay* which hurries thousands of infants annually to the tomb. In these cases the male parent generally suffers from inflammation of the seminal vesicles, or there is a seminal weakness, with more or less involuntary discharge.

The surest means by which sound and vigorous children may be engendered in a good constitution, unenfeebled by excessive waste of those powers which in their assemblage constitute the manifestation of the living principle. It is admitted, not merely by philosophic writers who have speculated deeply upon the subject,

but by all who have paid the least attention to the facts connected with such a statement, that not merely the *physical* but the *moral* dispositions of the parents are transmitted by generation ; hence, if a sound mind in a sound body be the first, greatest, and most lasting blessing, and its deprivation or absence the greatest possible curse, how imperatively necessary is the obligation to calculate closely the tendency of vicious indulgences, to avoid the contamination of depraved habits, and to correct and elude the consequences of that debility already imposed upon the generative organs by sensual excess ! IMPOTENCE *and* STERILITY *are usually the results of wilful imprudence.* Malformation is a direct interposition of creative wisdom ; its occurrence is comparatively rare ; *but failing power is not only exceedingly common, but generally constitutes a self-inflicted evil.* Diseased and delicate parents procreate diseased and weakly offspring. The same results are observed in plants and animals. Can it be supposed that the physical powers, the sympathies of a beautiful woman of an excellent constitution are in unison with those of a man whose best energies were long ago expended in the premature and illicit excesses of lawless excitement, whose

youth has been a hurried history of wild enjoyment, whose passions have been lashed past the natural powers of his bodily organization, and who now brings his decrepid efforts as a worthless offering at the shrine of matrimonial sanctity? Or worse still—is there a mockery more deep, more bitter, than that desolation of spirit which an affectionate woman must feel on finding she clasps, entwined within her circling embrace, the mere wreck of Sensualism, the horrible victim of self-pollution; the creature who, having trained his imagination and bodily powers to mere fancied enjoyments, is now deprived almost, if not entirely, of the capability of resuming the actions for which his generative organs were destined? Woman's scorn must be the more intense, because from the very nature of her own position she is precluded from giving vent to her feelings of anger and vexation. Love cannot be reciprocal in such cases; animal or organic impulse will prefer that which is more accordant with itself; even beasts prefer males which are possessed of vigor, power, and beauty, and this instinct is implanted by Nature in all animals. Whatever perversion civilization may effect in our feelings or manners, it cannot extinguish this instinct.

And this is an eminently wise ordination, as tending to the perpetuity of a healthy race of human beings.

If Sensualism have impaired the powers, not of both parents, but of one only, the punishment of the offence is either STERILITY or *debility*; or pain, disease, and death transmitted to the children, and reflected back with sorrow upon the parents. *Impotence, then, is the last crowning scourge of sexual imperfection, and demands for its removal the most cautious application of the resources of the healing art.* The treatment of the chronic diseases of the generative system has been strangely neglected and signally misunderstood. The efficacy of well-directed efforts has been much mistrusted in this matter, and it is remarkable that both the patient and practitioner contribute to these impediments: for as the latter has been accustomed to see his remedies speedy in their effects, he is himself discouraged if they do not immediately produce the desired benefit. Nor is it any wonder that the patient becomes incredulous of the promised relief, neither of them recollecting that the morbid states have been slowly produced, and cannot therefore be speedily changed.

Self-pollution, the frequent cause of sexual Impotence and Sterility, is generally the habit of the best years of youthful life ; and its deadening impress often tells with deplorable certainty, *long after the baneful habit has been relinquished*. TIME must therefore be afforded for the rectification of that artificial state into which the powers of the system has been wantonly plunged. It is evidently the absence of fixed principles, in our pathology of the slow diseases of the generative system, that has given *such unbridled license to quackery*. There has always existed a vagueness of opinion respecting their nature, and an unsettled doctrine as to the most rational methods to be adopted for their mitigation and cure. The communication of *disordered action* is an inevitable result of indulgence in any mode of Sensualism, either excessive, or contrary to the order of nature and the constitution of our being; and the nature of that perverted action may be readily anticipated. In fact, we see it exemplified in excessive irritability of the bladder and seminal vesicles, producing incapability for retention, disease of the spinal marrow and brain, spasm of the urethra, and stricture, an effeminate flaccidity of the penis, testicles, and scrotum.

Can it be expected that these organs should be capable under such circumstances of fulfilling their appropriate office in the task of procreation? Most assuredly not. *Where impotence is consequent upon that baneful propensity, which cannot be sufficiently stigmatized, its extent of severity is far greater than when produced by excessive indulgence with women*, because the vital fluid that could have improved the stamina of the system has been lost without satisfaction; consequently no gratification of the mind has been had in counterpoise to compensate, and in some measure to repair the expenditure of power.

The man who, from his anxiety to indulge to the utmost his libidinous propensities, seeks for variety among women, may certainly find in such variety a new stimulus sufficient for the occasion, and may be able to accomplish more frequent repetitions of the sexual act than the sober married man who is faithful to one; but we cannot overlook the fact that this is undoubtedly accomplished at the expense of a corresponding amount of unnatural excited energy, and the ultimate results of such efforts tell with fearful and tremendous horrors upon the helpless and debilitated votary of greedy pleasure. The nightly partner of a husband's bed silently

offers only that gratification which is *demand*ed by the sexual organs, when fully charged with the seminal fluid and *impatient* for relief; to such a man, the stimulus of variety is unsought, contemned, forbidden, as contrary not merely to all laws, human and divine, but as directly opposed to his well-being, to the maintenance of his animal organization in health, strength, and usefulness. Here, then, the natural laws of his physical constitution harmonize most admirably with the higher sanctions of morality. The actual amount of enjoyment realized by the temperate is, in the long run, far greater; power is maintained until old age, and a vigorous offspring is engendered; while the hasty, violent, and forced gratifications of the Sensualist, though vivid for a moment, are succeeded by that worst form of helplessness—*insatiable desire, appended to diseased and powerless organs*. The draining of the seminal fluid which occurs either from excessive indulgence in venereal gratifications, or from solitary vice, is not equally great in every instance. There are some individuals who are not rendered absolutely, but only partially Impotent. They can accomplish the sexual acts occasionally, and with severe effort, to the disgust, doubtless, of the female,

or they are tolerably able, yet unprolific. Their powers are weakened, not altogether destroyed. *These patients have resources left in surgical skill, which, if expended in contending against improper or unskilful treatment, ARE LOST FOREVER.*

The debility produced by masturbation starts a difficulty in the choice of remedies which does not occur in other cases ; *to excite, yet not irritate*, this is the point of divergency, *where cautious science leaves blundering quackery to pursue her blind injurious course.* It is a law of animal organization, that when motion is increased, the increase is most considerable in those parts which are most susceptible, and these, among Sensualists, are the parts of generation ; therefore, the effects of irritating remedies are most sensibly and instantly felt in these parts, enforcing the utmost circumspection not merely in the selection, but in the administration and employment of medical agents. Thus, Sterility may be in some cases only apparent. Although it is perfectly true that, in a few instances, the uterine system of the female may be *insensible to the seminal stimulus* of a particular individual, yet capable of being acted upon by another, the lapse of a little time is

often sufficient (if there have been no debilitating causes in operation *before marriage*) to dissipate groundless fear; and such being the truth, it becomes doubly important, not only that proper treatment be adopted where absolutely demanded, but that science should determine whether any or what kind of interference be really necessary. Offspring is frequently denied to newly-married persons from eagerness in its pursuit. The consequences of excessive venery in these, whom warm passion has united in its indissoluble tie, amount only to the defeat of their wishes. Celsus remarked upon this subject more than eighteen centuries ago: "*Rarus concubitus corpus exibat, frequens solvit;*" which may be freely translated, "The bodily powers are excited by occasional coition, by frequent repetition they become relaxed," and consequently unprolific; or as a poet has expressed the same sentiment—

"While temperate pleasure spurs the lazy blood,
Excess unstrings the nerves, and dries the flood."

and so truly is it within the experience of many, that when the first warm anxiety for offspring, and its corresponding efforts, have passed away and subsided, the blessing is granted to less passionate, exciting, and frequent embraces.

The ancient physicians were right in their general rule: the longer parties abstain, the more quickly they generate. Almost all physiologists now agree that the retention of semen for some few days, or temporary abstinence from coition, is necessary to generation. *During my practice, many persons have consulted me on account of want of family, which entirely arose from this cause.* Such cases require great delicacy in their investigation, but it is not difficult to learn their nature when science, caution and sympathy are duly exerted. Conjugal, domestic and social inconveniences must always be avoided; and it is scarcely to be observed, because of its obvious truth, *that excessive sexual enjoyment relaxes both parties,* and may, even in the married state, defeat its own end, *be unfruitful,* from too frequent repetition; and bring on that atony, weakness, and debility of the generative organs, which may end in sterility in the female and impotence in the male.

If these things be so (and who will dare to contravene their truth, founded as it is on the ordinary every-day observation of mankind?) it follows that there are, and may be, varieties of SEMINAL WEAKNESS, originating most commonly in NOCTURNAL EMISSIONS, and these, de-

pendent in many instances (but not invariably so) on the unnatural practice of SELF-POLLUTION; to which such ample reference has been made in the foregoing pages. That these *emissions* lead to the most deplorable consequences, independently of the injury done to the generative function, is indisputable. The most studious people, and those of splenetic cast, are subject to this infirmity, and the discharge of semen is commonly so considerable, that they fall into a slow wasting consumption. A Roman physician (whose opinion is supported by John of Acarius, author of a work composed for the Emperor) observes, “*If nocturnal emissions continue any time, the necessary consequences are consumption and death*; for the most balsamic part of the human and animal spirit is dissipated; the whole body falls away, and particularly the back; the patients become feeble, dry, and pale; they languish in slow melancholy agony.” Let this antiquated, yet terrifically correct portraiture, deter the thoughtless from practices which lead to such a state; and those in whom it is commencing, let not incipient evil be deemed unworthy of their most serious consideration.

LECTURE V.

THE MORAL AND PHYSICAL EFFECTS OF SELF- ABUSE—SPERMATORRHEA—IMPOTENCE.

ALL the faculties are weakened by indulgence in this vice. The sense of hearing loses its acuteness, and much annoyance is caused by noises and singing in the ears ; sometimes even deafness results. The eyes lose their brilliancy, and appear dull ; the pupils are always more or less dilated. According to Richter—one of the most eminent of surgical authorities—“ *No general weakening causes operate upon the eyes and occasion total blindness so powerfully and so often as premature and excessive indulgences in venereal pleasures.*” Another of the evils resulting from self-pollution is a failure in the power of the mind, especially the memory. In short, it may be stated with the utmost confidence that there is not an intellectual faculty with which the beneficent Creator has blessed us that is not liable to be impaired by these causes. It is a curious fact that the habit of self-pollution is invariably followed by a *diminution in the size of the penis*. The organ shrinks to one-half its former outline, or, in those who have practised

it in youth, does not attain to full growth. The power of perfect erection is altogether destroyed ; when coition is attempted, the requisite solidity is not maintained, or if an entrance into the vagina be partially effected, it is followed by a premature emission. Let not the victim of secret vice flatter himself his unmanly act escapes detection. Dr. Armstrong observes—“ I think I should know a person in the streets who has addicted himself to this vice, by merely walking behind him, from his peculiar gait.”

From the commencement of the unfortunate habit of self-pollution, which is invariably the cause of seminal weakness, there is frequently a loss of desire for sexual intercourse ; or where the desire is felt, a repetition of the unmanly habit is preferred to coition in a natural way. This, when persisted in, causes the face to become pale, bloated, and cadaverous, the body feeble and emaciated, and an impeded circulation in the extremities. Then occur trembling hands, dim eyes, confused ringing in the ear, sometimes deafness, accompanied with frequent and violent headache. A nervous dread and loss of energy are very common, and we have frequently heard patients confess that they have walked their rooms for hours together at night,

fearing to go to bed. This is often experienced when the nocturnal seminal emissions are numerous. We may here observe that the practice of Onanism may sometimes be indulged in without apparent ill effects for a time. Some are affected in a month or two, some may escape for years ; but not any entirely escape, for it is impossible to violate any law of Nature and of Nature's God without evil consequences resulting. The practice of Onanism is a moral and physical crime, consequently the punishment is twofold. Thus, while the bodily vigor is lost, and the senses lose their keenness, the mind also becomes affected, the memory fails, the judgment becomes defective, and the patient becomes unable to any exertion, bodily or mental. Such is the history of many cases of suicide of which we read in the newspapers ; cases mysterious, at first sight causeless, but understood by the educated physician, regarding them by the clear light of science. Tissot, the celebrated physician and early writer on this subject, states the result of this practice to be, First :—Total derangement of the stomach, shown in loss or irregularity of appetite and indigestion. In some cases the appetite becomes almost voracious ; Nature thus endeavor-

ouring to repair the loss inflicted upon her. Second :—Weakness of the respiratory organs ; whence frequently result dry coughs, almost almost always colds, weakness of the voice, and sense of suffocation on slight exertion. Third :—General relaxation of the nervous system, lassitude by day, painful dreams by night ; the sleep is unrefreshing. Fourth :—Great debility of the organs of generation ; almost all complaining of only imperfect erections ; desire no longer exists, and impotence results. Nocturnal emissions are a terrible scourge to these sufferers, and often overwhelm those even whose organs are absolutely senseless when awake. When these patients have had nocturnal pollutions, they find themselves the next day in a state of depression, of discouragement, debility, ennui, and lassitude, with pains in the loins, head, and eyes. Fifth :—Eruptions frequently appear on the face and forehead ; the features become changed from the rosy hue of health to a dull, heavy, and sallow complexion.

We will conclude this part of the subject with a few words respecting spermatorrhœa and impotence. This term spermatorrhœa is derived from two Greek words, signifying a flowing of seed, and is applied to all cases in which an

emission of the seed takes place, excepting from coition ; in other words, spermatorrhœa may be termed an involuntary loss of the semen. The usual causes of this disease are self-pollution, but it may also be the result of immoderate indulgence in coition, of ill-cured gleet, and frequently of disease of the prostate gland. Constipation of the bowels, and the irritation of the rectum caused by piles, may also predispose. But after all, the influence of these causes is insignificant compared with that of self-abuse. The symptoms of spermatorrhœa may be divided into local and constitutional. The local symptoms are generally emissions of seed at night ; and we call the particular attention of our readers to this rule. *Nocturnal emissions are decided signs of debility and symptoms of approaching impotence.* Let it be remembered that every drop that escapes is the habitation of living beings, a particle of the living seed, and that one drop, under favorable circumstances, is sufficient to give life to a future being. With respect to diurnal emissions—which occur at stool, whilst making water, or which are evident in a continual moisture and humidity of the organs—they are of a complicated character, and in many instances are undiscovered and

unsuspected by the patient until the disorder has assumed a most formidable character ; for he is quite unconscious of any seminal loss. The nocturnal emissions sometimes leave him entirely, the drain by day being so excessive ; but at last some formidable symptoms force him to seek relief at the eleventh hour. During the progress of spermatorrhœa many patients suffer from a hard dry cough, a difficulty of breathing, pains in the chest, and hence are treated for consumption ; for the constitutional symptoms of spermatorrhœa are innumerable, and when the cause of disease is unknown and unsuspected, the general practitioner will naturally attack the symptoms. The appetite, at first, will frequently increase and become voracious—it is the effort nature makes to support the failing strength. All the senses are more or less affected—the eye loses its brilliancy, there is always more or less dilatation of the pupil, and the very look of the patient reveals his secret to the glance of experience. The penis and testicles become small and relaxed ; and a high surgical authority observes, the infirmity may not inaptly be termed a consumption of these glands. And we cannot be astonished at the frightful effects caused by un-

natural emissions of seed, when we recollect that physicians of all ages are agreed that the loss of one ounce of semen by self-abuse, nocturnal emissions, or at stool, injures the system and weakens it more than the abstraction of twelve ounces of blood. In the early stages of seminal weakness, different persons are variously affected ; some are incapable of procuring a discharge of semen into the cavity of the female genitals in a natural way, though they may effect temporary erection ; while others cannot perform the act of copulation, from the emission taking place too quickly, and before the proper firmness of the male organ has enabled it to effect the requisite penetration. To recapitulate briefly the results of our experience:—Impotence, the effect of long-continued spermatorrhœa, is the inability to perform the venereal act. Those cases are most difficult to cure which have been caused by self-pollution ; but science, combined with skill and experience, will almost effect miracles, and our treatment of these cases has been most successful. Impotence is also caused by too free indulgence in sexual pleasures ; these cases can be cured with comparative ease by rest and tonic medicines. Impotence is sometimes the result of moral

causes—nervousness, too much respect, &c.; the treatment is obvious. Impotence, then, is chiefly caused by debility of the genital organs; there is a want of erection, and if a seminal emission takes place, the semen does not possess its prolific power, and the man is at once impotent and sterile. Sterility, or barrenness, is sometimes the vice of female organization, and is produced by various causes; amongst others which entail a loss of vital and productive energy, excessive indulgence is one of the most prominent. Excessive venery is a frequent cause of want of offspring in young married people. In these cases the seed does not acquire sufficient vitality to stimulate the ovum in the womb; and even if a child should come to life, it partakes of the debility of the parent, and is soon hurried to a premature grave, the victim of that nameless atrophy or wasting away which kills its thousands of infants annually. Impotence and sterility are usually the result of wilful imprudence. Malformation is very rare; but failing power is not only exceedingly common, but generally constitutes a self-inflicted evil. The author is frequently consulted by those contemplating marriage, and whenever bad habits have existed, or weakness

is experienced, the precaution is most wise, and may prevent much future unhappiness. Likewise, as respects the married man, it often occurs that a few minutes' confidential conversation with one who has made these subjects a special study is attended by the happiest results. There are resources in the science of medicine, and few, very few, need despair of restoration to the power of manhood. But we will refrain from further details ; our object is friendly suggestion, not importunate dictation. We will conclude this chapter with a few words of the celebrated Lallemand:—"Many diseases, when left to themselves, work their own cure, providing only they be not exasperated by the imprudence of the patient. This is not the case with spermatorrhœa, chiefly, perhaps, because the effects produced by the disease itself are favorable to the increase of involuntary discharges. The natural tendency of this disease to become aggravated, as the *result of its own effects*, frequently leads to a fatal termination. The patients generally expire in one of the attacks of syncope that follow congestion of the brain. In this way such of the insane who have fallen into a state of dementia usually expire. Many die from diseases (as consumption, &c.)

aggravated and inflamed by unsuspected spermatorrhœa ; the symptoms are treated by the physician, but the great cause, spermatorrhœal remains unsuspected."

MODERN TREATMENT OF SPERMATORRHŒA, SEMINAL WEAKNESS AND NERVOUS DEBILITY.

LIKE many other intractable diseases, spermatorrhœa has been the "opprobrium medicorum" of the regular practitioner. From its tediousness, the medical man is wearied of it ; and like an obstinate gleet, after trying all possible remedies, has given it up in despair. Nor is this altogether to be wondered at, when we consider the extreme difficulty of the diagnosis, excepting by microscopic observations ; and to use the microscope in these cases with effect requires skill, care, experience, and a thorough knowledge of the disease. Spermatorrhœa is a drainage, a waste, a dribbling away of the seminal fluid. As already explained, it may exist unknown, and, consequently, unattended to until great mischief has been inflicted on the constitution and vital powers. Now, what are the indications of treatment ? Naturally, to give tone to the vessels that neglect their office ; to prevent the too profuse secretion of the

impoverished fluid ; to establish a healthy reliance between the two ; to remove the provoking causes that brought about the first estrangement ; to repair the mischief done to the general health ; to cultivate the mind into a higher notion of its importance, and thereby withhold the irritating consequences of disordered imagination. The treatment, then, of spermatorrhœa and its accompanying affections, mental and physical, may be divided into—First:—*Local and Constitutional*; Second:—*Moral and Dietetic*. The first step on which we must insist is the relinquishing of those practices which have occasioned the disease. This is essential ; the most careful and the most scientific treatment must otherwise increase the mischief, and, by giving greater temporary strength, enable the patient to inflict on himself more permanent evils. A due attention to air, exercise, sleep, and regimen is in all cases proper, and entirely within the control of the patient. A local remedy of great value is cold water ; the sponge-bath or shower-bath should be used in the morning, a small quantity of bay salt being dissolved in the water. Coarse towelling and flesh-brushes should be used after the bath ; a suspensory bandage should be used ; the diet

should be generous, but not stimulating, animal food in moderation, and he should eat a little and often, rather than take too full a meal. Exercise must not be neglected, moderate at first, and gradually augmented. Stimulating drinks are improper, spirits in all cases hurtful; a glass or two of wine may be taken if demanded by previous habit. In this case a pale dry sherry will be best. With respect to medicines, a sketch only of the treatment can be offered. Cases vary so widely, that the curative means must be varied accordingly. The class of drugs which allay excitement and irritability are first likely to be required, for the stomach is so weakened and capacious that the disease is frequently mistaken for indigestion. Mild and cordial laxatives, alterative drugs, with neutral salts, febrifuges, and sedatives, will soon quiet the system, and enable it to tolerate tonic or restorative medicines, which if commenced with are decidedly injurious. But what is the meaning of tonic? for no word is so much misapplied. One man means quinine, another iron, a third the mineral acids, whilst a fourth means stimulants, and so on through the whole Pharmacopœia. Now, we mean, not any one, but the whole class of medicines combined, changed,

increased, or diminished to suit the particular case ; in this consists the real art of scientific prescribing. One man gradually gathers strength from quinine, which would not suit another, whose deteriorated blood-globules will become red and healthy under the exhibition of iron, in some of its numerous preparations. The peculiarity of our treatment consists not only in the selection of hitherto undiscovered remedies, but in the practical adaptation of those we already possess. And the above are but a few of the remedies we employ in generative diseases or debility. Amongst the most certain and most valuable for the total cure of spermatorrhœa—which control that disease completely, even when caused by long continued habits of self-abuse—are medicines whose very names are unknown to the general practitioner. Under the tropical sun of India, in Thibet, and the mountainous ranges of North-eastern Hindustan, in the forests of Ceylon, are found plants and herbs grown from the virgin soil, rich in balsamic virtues, aromatic and cordial. India, the land of ancient civilization, the original home of medicine, still retains secrets which baffle the wisdom of learned physicians. Who has not read and wondered at the marvel-

lous stories of the power and influence exerted by the "Old Man of the Mountains?" The means by which he exerted his influence, by which he retained the power of life and death over his followers, by which he compelled them to the most desperate enterprises, were comprised simply in his knowledge of the herbs, flowers, and grasses under his feet. Have these wondrous gifts of Nature now lost their virtue? I boldly answer, No! I am in possession of remedies marvellous in their influence, most effective in their result, by which I control the worst cases of disease and debility, and which account in a measure for the extraordinary success I have met with in special practice. So when Debility has weakened the mental faculties; when a long course of dissipation and solitary habits has destroyed enterprise, energy, and courage; when a man feels that he is a wreck in body and in mind, and dares not even own it to himself—surely in such cases these remedies are called for. And no man can treat successfully the diseases described in these pages whose medicines are limited to those contained in the American Pharmacopœia. It is a question often asked—Is sexual intercourse indispensable to health? The reply may be

taken that at least Nature destined the act of generation for procreative purposes, and that not only should it contribute to the delight of mankind, but also to their health. Hence copulation is permissible and necessary, extreme chastity frequently injurious; and we often find it advisable to recommend marriage. It should also be remembered that copulation should never be an effort. This is a golden rule, and where great languor, drowsiness, depression, and a feeling of physical exhaustion follow the act, the time chosen has been inapt, or the limits have been exceeded. We will conclude this part of the subject with a few words respecting treatment. Having enjoyed for many years the friendship of the late celebrated Lallemand during our residence in Paris, our practice in cases of spermatorrhœa has necessarily been most extensive. The peculiarity of our treatment is *to act directly on the seminal vessels*, to strengthen without exciting, and so restore health by removing the cause of disease. It would be easy to recommend various remedies; but medicine in the hands of the timid, the irresolute, or the ignorant, is more likely to produce evil than advantage. In all cases let the best advice be sought from one *who has*

made these diseases a special study. Some may be prevented from applying for assistance from dread of accidental exposure ; it may, therefore, be proper to remark, that it is our rule to destroy all correspondence at the termination of each case ; or, if preferred, to return it to the writers. Inviolable secrecy and certain relief are the boons we offer to suffering humanity. Unfortunately, practitioners in this country have long been averse to selecting this branch of medical art as a study ; many distinguished men have risen to fame and affluence by devoting their talents to midwifery, operative surgery of the eye and ear, &c. The author of this treatise is content to brave the sneers of the ignorant and envy of the malicious, when he reflects on the gratitude of those whom he has rescued from an untimely grave ; he knows that in selecting this peculiar department of medicine his usefulness has been increased, and that he deserves well of his fellow-men.

ON CERTAIN URETHRAL DISCHARGES.

We shall not here consider the gonorrhœal discharge, as that is treated on in another part of the work. There are, however, other discharges, and of a serious nature, which often

call for skilful and attentive treatment. The first of these is termed gleet, which is the consequence of an ill-cured or neglected gonorrhœa or clap. There is another discharge, a discharge of semen, without sensation, which is the result of a debilitated frame, and is frequently induced by long-continued self-pollution, or long residence in hot or cold climates. The penis is invariably damp and clammy; there is a slight mucous discharge rather thicker than ordinary clap, which sticks in patches on the linen, and between the nut and foreskin of the penis. Under the microscope this discharge is found to consist of spermatozoa, frequently in a mutilated state, and free from vitality. The affection is characterized by the emission of semen upon the very first attempt at sexual intercourse, *and often before a regular erection can take place*; sitting in a warm room, horse exercise, and many trivial causes will produce it. The emission causes little or no sensation, excepting sometimes a slight spasm. These discharges are not contagious, but sexual intercourse should be studiously avoided on account of the great injury that may result to the patient. Such discharges are generally connected with deficiency of generative power.

In one instance under our notice, impotence was almost complete ; in another (a married professional man), the powers had greatly declined. These patients were in the prime of life ; both had, however, led irregular lives. The irritation in cases of this nature will generally be found to exist in the prostate gland, which is often enlarged ; hence a frequent desire to urinate, and a feeling as if the bladder were never completely emptied, and as though a few drops of urine were retained in the posterior part of the urethra. This form of discharge is generally confounded with a common contagious clap, and treated vigorously with copaiva, cubebs, and injections. A cure by these means is utterly impossible ; the disease is increased, as the general health suffers from the remedies. It is, however, quite true that these patients have previously suffered from gonorrhœa, in some instances more than once. But in order to cure, we must purify the blood, and strengthen the parts. The subject, altogether, is well worthy the careful attention of the profession, for these cases are decidedly on the increase.

LECTURE VI.

VENEREAL DISEASE—HISTORY.

Had the disease, since known by the name of Venereal, been a familiar one, possessing no features different from those already recognized as characterizing affections of the genital organs, and yielding to an already ascertained treatment, we naturally should expect that the authors who might notice it would never have thought of designing it as new and unknown ; neither would they have expressed terror at encountering it, nor expressed their entire ignorance as to the means of cure. Such, however, we find to be the fact, from universal testimony of the writers of the age. The appearance, indeed, of this new form of disease was an event so important that mention of it was made, not only by physicians, but the historians living at the period also record the circumstance. We will cite the authority of Gonzalo Hernandez de Oveido, and refer our readers to his curious volume, in black letter, in the library of the British Museum. The date is 1526, “Sumario de la Natural Hystoria

de las Indias ;” and Oveido distinctly states the American origin of venereal, and the inability of the physicians to cure it. Another historian of the period, Lopez de Gomera, writes, “Because it was a new disease no one knew what to do.” Other contemporary writers, Paul Jovius Guicciardini, &c., express themselves to the same effect. Most of the early writers attribute the disease to God’s anger ; some to conjunction of the planets ; others, of more matter-of-fact views, were disposed to ascribe its origin to another kind of conjunction, of not so celestial a nature ; for there are authors of this date who distinctly notice the primary sores or chancres, and trace them to their real origin—contagion by impure intercourse ; they mention strong salivation by mercury as a cure. Joseph Greenbank, who describes his own case, in a work written with much purity of Latinity for the age, attributes the cause to planetary influence. He wished to keep it secret from his friends, but they found him out “from the change in his complexion ;” and no sooner was it known (and the fact shows in what terror the disease was held), than “his dearest friends and relations fled his presence, as they would an enemy with a drawn sword.” The notion

prevailed that it could be caught by merely breathing the same air with the infected person ; hence the lower orders were driven into the woods and fields, and left to perish without solace or assistance. It formed one of the charges against Cardinal Wolsey, that “when laboring under venereal he had breathed upon the king in whispering to him.” Hence, being looked upon as a contagious disease to which any one was liable, the physicians of the age did not scruple to publish the cases of princes—and even churchmen—who had the disease; and most of the medical works on the subject are dedicated either to princes or dignitaries of the Church. Another opinion was very prevalent—even now the belief is not yet extinct—that any one having the disease, by transmitting it to another relieved himself ; though it was asserted that, to make the experiment successful, it was necessary that the person to whom the infection was to be transferred should never before have had sexual intercourse. It is scarcely necessary to add that this atrocious and ridiculous belief gave rise to most disgraceful outrages. The manner in which the new disease ran its devastating course, spreading in distant countries with a rapidity which, joined

to a complete ignorance of treatment, truly appalled mankind, must be acknowledged to constitute a proof of its newness—and universal testimony leaves no doubt on that score. That it was first brought from the island of St. Domingo, then called Hispaniola, by the followers of Columbus, there is abundant and satisfactory proof. Few of the Spaniards escaped who had connection with the native woman, and the ships of Columbus proceeding to different ports, the disease spread over Europe with wonderful rapidity. In 1526, Joseph Grunback informs us “that on returning from his travels, he found disease prevailing all over Germany—in every town, city, camp, village, and cottage—as well as the greater part of Europe.” In the same year we are told by Sebastian Brant that it had got to Britain; and in 1497, James IV. of Scotland, in consequence of the frightful prevalence of venereal in Edinburgh, issued the celebrated proclamation banishing the infected from the city. The original is preserved in the records of the town council, dated September 22d, 1497, and is a very curious document. His “Majesty charges all manner of persons being within the freedom of this burt, quilks are infectit, or has been infectit,

uncurit with this said contagious plague, called the Grandgor, devoyd, red, and pass furt of this toun, and compeir upon the sandis of Leith, at ten hours before none,"—those evading this ordinance "selle be brynt on the cheik with the marking irne, that they may be kennit in tyme to cum."

We may also cite here the more generally known "Arreste" of the Parliament of Paris, respecting the venereal, dated March 6th, 1496, stating that "Because in thys City of Paris many persons were sick of a certain disease called the 'Great Pocks,' which had raged in this kingdom *for the last two years*, as well in Paris as in other parts of France;" and as there was reason to apprehend that it would increase as the spring advanced, it was advised to provide accordingly. Thus all strangers having the disease were to leave in twenty-four hours, and forbidden to enter the city until perfectly cured. The 2d article ordained, "That every citizen being diseased confined himself to his house." No communication was allowed between the sick and the inhabitants, under penalty of imprisonment; and the city gates were carefully watched. The general prevalence of the disease can only be accounted for by the

undoubted licentiousness of the age—as we have no reason for believing that then, any more than at present, could it be propagated except by actual contact of the venereal matter. We have enlarged on this subject rather more than we intended, in order to prove the great difficulty experienced from the earliest period in eradicating this disease. We have studied the subject closely—we have reviewed the mode of treatment from the earliest period up to the present time, and we most unhesitatingly and emphatically declare that we have reduced the treatment to a certainty; that we possess the means of eradicating the venereal virus from the constitution without the smallest inconvenience to the patient, and that no case leaves our charge without a thorough and perfect cure being effected; that we prevent the possibility of secondary symptoms, and the numerous skin diseases to which it gives rise; and, lastly, our treatment applies to all who have taken mercury, or have been improperly treated by others.

DISEASES OF INFECTION—GONORRHOEA OR CLAP.

Gonorrhœa may be defined to be a contagious inflammatory disease of the mucous membrane of the urethra or urinary canal, caused by

impure sexual connection. It sometimes appears the first or second day, but the usual average is from seven to eight days after intercourse. On the other hand, it is sometimes delayed for two, three, or even four weeks. At first, the patient feels an itching at the tip of the urethra, the lips of which appear swollen and of a deep red; this is followed by a discharge of matter and great pain and scalding in making water. In all cases of gonorrhœa, advice should be obtained as early as possible; early attention insures a speedy cure; and it may be laid down as a general rule, that the longer the disease is allowed full scope, the more difficult and obstinate is its removal. Where there is much inflammation, the bowels should be kept open with the following aperient draught:—

R. Magnes. sulphatis, unciam j.

Infus. sennæ comp., unc. vss.

Ext. glycyrrh., scrup. ij.

Tinct. jalapi, drachm. iij.

Spt. ammon. aromat., drachmam j.

Mis. Fiat mist. aperient. Cap. 1-4 partem pro re nata.

That is, take of—

Epsom salts, 1 oz.

Compound infusion of senna, 5 $\frac{1}{2}$ oz.

Extract of liquorice, 2 scruples.

Tincture of jalap, 3 drachms.

Spirit of aromatic ammonia, 1 drachm.

Mix, and take one-fourth part as occasion requires.

A cooling lotion may also be useful. Apply the following two or three times a day :—

R. Muriat. ammon., drachmam j.

Liq. plumbi diacet, drach. ij.

Spt. vini rect., unciam j.

Aq. font., unc. v.

Mis. Fiat lotio.

That is, take of—

Muriate of ammonia, 1 drachm.

Liquor of lead, 2 drachms.

Rectified spirits of wine, 1 oz.

Dilute acetic acid, 1 oz.

Spring water, 5 oz.

Mix for a lotion.

[The bottle should be carefully labelled,
“The Lotion.”]

During the progress of gonorrhœa, attention to cleanliness cannot be too strongly recommended. A warm bath should be taken occasionally, and the penis should be bathed as frequently as possible in warm water, or milk and water, to destroy the acrimony of the discharge, and to prevent its irritating action on the skin. Great comfort will be experienced by the patient suspending the testicles in a small bag so as to support them while walking, &c. This simple precaution frequently prevents swelled testicles, one of the most painful effects of gonorrhœa. The diet should be carefully regulated in the early inflammatory stage; the food should be light, but nutritious, and not highly seasoned. Wines, spirits, and malt liquors should be avoided; the patient may drink freely of thin linseed tea, or barley-water. The following may also be grateful:—Cream of tartar, one oz.; boiling water, two quarts; strain, and sweeten with lump sugar, according to taste. We frequently cure slight cases of gonorrhœa in four-and-twenty hours; others in three days; and, with common attention on the part of the patient, and observance of the above simple rules, our average of severe attacks is from six to eight days.

GLEET,

In which the discharge loses its irritable malignity, is of alarming consequence in its duration. It cannot be too frequently asserted that gleet is highly contagious, and produces a gonorrhœa as speedily and as certainly as the more inflammatory disease. Gleet will remain chronic for weeks, months, or even years, and vary in intensity according to changes in diet, &c.; so much so, indeed, that well-informed medical men have mistaken it for a fresh contagion of gonorrhœa, and by treating it accordingly have caused much misery to the luckless patient. In these cases microscopic observation is of essential importance ; by its means the true cause of disease is at once detected, and its extent clearly defined. Gleet and seminal weakness, gonorrhœa and seminal weakness, arising from self-pollution, are frequently co-existent, though not necessarily connected. When they do exist together, the disease assumes a most obstinate form. The value of the microscope is that it proves, with certainty, if spermatozoa, or the seminal fluid, be present in the discharge or in the urine. *The treatment must vary accordingly.* A new and unsuspected feature is introduced,

which baffles the routine adopted by the general practitioner. Hence the importance of a special and careful study of these diseases. In cases of mismanagement or carelessness, and sometimes by suddenly stopping the discharge by means of astringent injections, an active inflammation of the testicles may occur, accompanied with much pain and swelling. The following case occurred in our practice a few months ago:—A gentleman, who had just returned from a continental tour, consulted us. Three years before he had contracted gonorrhœa, which terminated in gleet; he had been under the care of several gentlemen, the last a practitioner at Berlin, who prescribed an injection, which brought on swelled testicles; besides which he suffered from a stricture. The immediate pain and swelling had been relieved by the repeated application of leeches, but the smallest exposure to cold or damp brought on a return. The testicles felt hard, and there was not the slightest inclination for sexual intercourse. We caused, by our remedies, a very considerable discharge from the penis, which we encouraged as much as possible. This soon removed the hardness of the testicles,

and reduced them to their natural size. The gentleman was perfectly cured in ten weeks.

STRICTURE

Is generally caused by a long-continued gleet, though there are cases in which it is produced by Onanism. The first symptoms of a stricture are a slight difficulty in the act of urinating, and a division or twisting of the stream of water. *In all cases, however slight, apply immediately for medical assistance. Stricture never yields unassisted by art.* Much suffering may be avoided by observing this rule.

SYPHILIS, OR POX,

Is the most dangerous and malignant of all forms of venereal disease. It hangs about the system for years, producing secondary and tertiary symptoms, intense pains in the back and loins, ulcerated sore throat, &c. In syphilis we have a virulent blood-poison, through which every tissue is affected. Indeed, the complicated mischief arising from this malady is known only to him who has an opportunity of seeing it in every shape and form under which it appears. The syphilitic disease kills great numbers in the prime of life, destroys the comfort

of the matrimonial bed, and transmits morbid predispositions to declining years. To conceal their imprudence the inexperienced permit themselves to be surcharged with mercury, which, in this variable climate, is liable to induce the most fatal inflammations and pulmonary diseases, to which they ultimately fall victims, without creating in their families the slightest suspicion of the real cause of their death. A most important feature in the history of syphilitic diseases is the fact of their transmission from the parents to the offspring. Dr. Burns, in his work on "Midwifery," observes that "infection may happen when neither of the parents has at any time any venereal swelling or ulceration, and perhaps many years after a cure has been *apparently* effected. I do not intend to explain here the theory of syphilis, but content myself with well-established facts." In these cases miscarriages frequently occur without evident cause; or should the child be born alive, it is covered with copper-colored spots on various parts of the body; the eyes are inflamed, and there is a mucous discharge from the nostrils. Should it unfortunately survive infancy, it will only be to fall a prey to scrofula or consumption at a later period. Dr.

Hunter records a case of a couple who had been married twelve years, during which neither party was diseased, nor had been unfaithful. The husband had syphilis two years before marriage, but considered himself cured. The two first children were healthy; the next two feeble, and soon died; the last child was put out to nurse, and having a sore mouth, soon affected the nurse with sore nipples, and blotches resembling syphilitic sores. Dr. Hunter treated both husband and wife for secondary symptoms; the lady, who had been weakly for years, was soon restored to vigorous health; and three children, who were subsequently born, remained perfectly well. The *local* sores produced by syphilis are term chancres: they are sometimes single; sometimes two, three, or four are present. The chancre generally makes its appearance four or five days after the impure intercourse; but, as in gonorrhœa, the time varies from one day to thirty. A small inflamed spot is first perceived, the scab drops off, and a larger one is formed beneath, which rapidly enlarges. An excavation appears in the centre, the skin in the neighborhood is indurated and thickened, the hard base being characteristic of syphilitic sores. After some time, and even

when the original spot is healed, the groin (one or both) becomes affected ; they suppurate and burst, forming what are called BUBOES. The *throat*, the *nose*, the *skin*, the *bones*, are successively attacked, and if neglected or maltreated, death may and does frequently ensue. Syphilis, perhaps, may not be regarded as a *directly* fatal disease, although its effects are so deplorable, especially in bad constitutions. It is *indirectly* that this disease is so very destructive to life by poisoning and debilitating the frame, and thus exposing it to innumerable forms of disease. In questioning patients in hospitals and dispensaries as to their previous history, how often is it found that venereal disease is the first link of the chain which is dragging them to the grave ! Syphilis was first recognized in Paris, in 1497 ; for a long time no hospitals would receive patients, and the poorer classes of them were driven to the woods and fields, and left to die without comfort or assistance, even by medical men. Some years after, the mercurial treatment was adopted, which, with few exceptions, is used at the present day. Now, it may be confidentially asserted that as much misery has been and is caused by the use of mercury as by the disease

itself. Witness the rotten skulls and diseased bones exhibited in our anatomical collections ! Let us again urge all patients suffering from syphilis in any of its forms to apply at once to a qualified and experienced medical man. We have seen so much misery, loss of health, loss of every enjoyment which renders life a blessing, resulting from this disease, and from its improper treatment by mercury, that we will not countenance, even indirectly, any attempt at self-cure.

SECONDARY SYMPTOMS, EFFECTS OF MERCURY, &C.

Some weeks after a chancre is apparently healed, especially after the use of mercury in any of its forms, a slight redness is perceived on the scar, which becomes rather painful ; or a swelling appears in the groin. A general sense of discomfort is experienced, and in a short time the well-marked secondary symptoms occur. When the poison attacks the throat or palate, the roof of the mouth becomes red and inflamed ; a small pimple is formed, which ulcerates and exposes the bony palate. If allowed to pass unchecked, the bone exfoliates, a connection is formed between the mouth and nose, the voice is most unpleasantly changed,

and an offensive discharge secreted. When the tonsils are affected, ulcers appear similar in appearance to chancres. The soreness of the throat is not at first very severe ; there is merely a slight tickling sensation when a crust or any dry food is swallowed. But this, if unchecked, is one of the most severe forms of syphilis. The larynx is next attacked, on the top of the windpipe, and if not arrested will soon destroy life. Eruptions of the face and skin are one of the most common *sequelia* of syphilis treated mercurially. They make the skin thick, rough, and unequal ; the countenance acquires a livid hue ; the spots are generally of a reddish, brownish, or copper color, and appear and disappear repeatedly. The following letter will illustrate the various effects of secondary symptoms :—

“ ALBANY, N. Y., March 18.

“ DEAR SIR—I am truly happy to inform you that all traces of that insidious disease with which I was so long afflicted have left me. I am now quite well ; *skin quite clear from spots, throat entirely healed, and shin bones strong and entirely free from swellings.* After being under so many medical men, I did not

think it possible you could have cured me so quickly. All I can do is to thank you. You may publish the case if you think proper, so that all may be benefited.

“ I am, sir, yours faithfully and obliged,
D. M.”

This gentleman was suffering from a complicated case of secondary symptoms; he had been salivated three times, and consequently his system was saturated with mercury. Our first object was to eliminate the mineral; second, to strengthen and invigorate the constitution. The case occupied a period of nearly nine weeks.

LECTURE VII.

CERTAIN MEANS BY WHICH A CORRECT KNOWLEDGE OF THE PATIENT'S CASE MAY BE OBTAINED.

The only certain means we can adopt for obtaining a knowledge of the *Patient's* case is by testing the urine with our NEWLY-CONSTRUCTED MICROSCOPE, WITH POWERFUL LENSES. We are thus able to discover two most important points, by which our treatment is greatly influenced. Firstly, we can ascertain whether the urine contains a portion of the *seed*—that is to say, whether in urinating there is a *constant loss of the seminal fluid*. Secondly, and of even greater importance, whether the *animalculæ or spermatozoa*, of which the seminal fluid is principally composed, be endued with that *vitality without which the semen is unfitted to perform its functions*. In short, the microscope enables us to ascertain whether the *seed be alive or dead*. It need scarcely be observed, that when the seed is deficient in vitality the virile functions are greatly impaired, and the man soon becomes impotent as well as sterile.

With the aid of our microscope we can unerringly ascertain whether a discharge be from the prostate gland, from the seminal vessels, or from impure connection; and many cases which have been improperly treated, as gonorrhœa, for months, we have thus been enabled to cure in a week or ten days. It is our practice to request patients in the country to send a small quantity of their urine for examination by means of the microscope. Any patient consulting us by letter will, therefore, enclose a two-ounce flat bottle, containing the urine passed on rising in the morning, securely corked and sealed, packed carefully in wool to prevent breaking, in a seidlitz box, which, with the flat bottle, may be obtained at any druggist's. The parcel may be addressed, carriage paid,

DR. L. J. KAHN,

51 East 10th Street, New York.

The patient is requested to be as minute as possible in the details of his case. Dr. Kahn has also made arrangements by which his medicines can be forwarded, safely packed and free from observation, to any part of the world.

LECTURE VIII.

ON SKIN DISEASES.

Dr. Kahn has invited the attention of the public and of the profession to his important discoveries in the treatment of skin diseases; and, although he cannot complain that his views have been neglected, still the subject is one of so great importance as to require no apology for enlarging upon it. We all know that for many years the remedies generally relied on in these cases were arsenic, mercury (corrosive sublimate), antimony, and caustic; that medical men looked upon skin diseases in general (as too many, indeed, continue to do) as something to be hammered at, without much hope of relief, with all the most deadly drugs of the Pharmacopœia. The almost invariable result was, and is, that even if the disease is cured, which is exceedingly doubtful, the constitution is ruined for the remainder of the life. Let any man take up a medical work on skin diseases, and he will find, even now, that arsenic is looked on as the sheet anchor, and that hundreds of cases are reported in which arsenic succeeded in curing after all other treatment

had failed. Now, I have carefully, and for years, watched the results produced by this plan of treatment. I have always found it injurious. In many cases, after a time, there is a return of disease worse than before, and almost invariably, cure or no cure, I have found *serious organic mischief* affecting the heart or the lungs. I am here simply stating results—results which I have met with daily in a most extensive practice. It is scarcely worth while to enter into causes; for it is quite in accordance with common sense that we should expect deadly poisons to produce deadly results. Why these particular organs should be so affected is certainly of interest to medical men. Few diseases have been more minutely classified and described than the various forms of skin diseases, and it would be easy to enumerate fifty or sixty Latin and Greek names which have been applied to them; but I fear the information would not be interesting to the general reader. For myself, I am in the habit of applying one general principle of treatment in all the varied forms which I see daily. My principle is simple enough and general enough to take rank as a great discovery. It is a principle I have acted upon in practice and have advocated in public for years,

and certainly my success has been most extraordinary. I will explain it in a few words. LET ALONE THE SKIN DISEASE—PURIFY THE BLOOD.

Instead of classifying skin disease under ten, twenty, fifty, or a hundred heads, I find, as a general rule, they take rank under three, and that treatment must vary according to diagnosis—still acting on the golden rule, “purify the blood.” Skin diseases are:—

1st.—Hereditary.

2d.—Of syphilitic origin.

3d.—Accidental, occasional, and anomalous.

HEREDITARY SKIN DISEASES are, undoubtedly, difficult to cure. The impure blood of the parent descends to the children. The result is an intractable form of disease, and the only hope of cure is in steady, persevering treatment. Every globule of the blood is vitiated from the very cradle; and if the smallest trace of the impurity is allowed to remain in the system, all the labor is in vain, for the patient in a short time will be as bad as ever again. Hereditary skin disease is frequently consumption or scrofula in a rather milder form. There is no doubt in my mind of the intimate connection between these forms of

disease. It is obvious that all LOCAL REMEDIES must be of necessity ridiculous, and even dangerous. In fact, the best dressing, where there is great irritation, is a little cold or lukewarm water on lint. Above all, avoid greasy applications or caustics. In this, as in other forms of skin disease, I am frequently consulted by those who have taken sarsaparilla for months or for years in large quantities, and desire my opinion as to the benefit to be derived from its use. My experience is that sarsaparilla in itself is practically inert in cold or in temperate climates. But it is perfectly wholesome and harmless ; it is a pleasant drink, and a decidedly nice vehicle for the administration of certain drugs. On the other hand, in tropical climates, or during exceptionally hot weather (as all through the summer of last year), sarsaparilla exerts a slight action upon the skin which is decidedly cooling and beneficial. In all forms of skin disease I attach considerable importance to the use of the bath ; not that the theory of the water-doctors will satisfy—but I am willing to accept truth even from opponents ; and certainly their plan approaches more nearly to the correct principle than the wholesale administration of poisonous minerals. I may add

that, applying the same remedies, I have been signally successful in my treatment of scrofula and consumption. SKIN DISEASES of SYPHILITIC ORIGIN I have named as another great class of disease ; and certainly their importance entitles them to a rank apart. It is unnecessary in this part of the work to allude more particularly to their origin. Nor do I intend to include what we may more properly class as "Secondary Symptoms." In cases of disease of the true syphilitic type there is always danger that secondary and tertiary symptoms may ensue, especially when the patient is improperly treated and salivated by the imprudent administration of mercury. But these cases are sufficiently obvious, and any mistake in their diagnosis is not probable, whatever there may be in their treatment. I make this observation because it unfortunately happens that in these, as in the primary disease, it is far too much the fashion to prescribe mercury. But skin diseases of syphilitic origin may occur many years after the original disease, and when, in fact, the cause is unthought of and forgotten. They are brought on by a taint, virus-poison, or germ, produced by the original disease, and which has remained dormant in the blood for months or

for years. I cannot tell you the reason of this extraordinary phenomenon: I can only tell you the fact. But it is easy to give an illustration of the unexplainable effects produced by animal poisons. A man is bitten by a dog, perhaps so slightly as just to draw blood. The wound heals in a day or two, and the circumstance is entirely forgotten. But three months, six months, or (cases are recorded) even twelve months afterwards, he is seized with hydrophobia, and death in a day or two is certain. So with syphilis: the poison may remain dormant for months or for years, and then, breaking out, cause skin diseases of the most serious and intractable character. It is here important to remark, that it does not necessarily follow because a patient has suffered previously from syphilis, and is afterwards affected by skin disease, that the disease is of syphilitic origin. I have been consulted by numerous patients, whose lives have been rendered miserable by groundless fears, and have found, on careful examination, no trace whatever of syphilitic taint. How is it possible to discover? may be asked; and my reply is, by one means and by one means only—and that is, careful chemical and microscopical examination and analysis of

the urine. My treatment of skin diseases of syphilitic origin is precisely the same in principle as of skin diseases generally. It is necessary to bear in mind that the blood is affected by a specific poison or virus, which must be neutralized. PURIFY THE BLOOD, and the work is done. ACCIDENTAL, OCCASIONAL, ANOMALOUS skin diseases are such as arise without apparent cause; or they may result from errors of diet, hard living, exposure to the weather. I have frequently seen them as the result of bad provisions, impure water, &c., during a prolonged voyage. Salt food is injurious to some constitutions. To write at length on the various forms of disease which may be classed under the head anomalous would exhaust far more space than I have at command. It is obvious that in their treatment, even more than in other forms of the disease, my dogma is the only one consistent with common sense, truth and reason; and even at the expense of being considered prolix, I must again repeat, PURIFY THE BLOOD.

DR. KAHN'S BLOOD-PURIFYING TREATMENT

Has now been used by the discoverer for a long series of years. Its action is purely upon the

blood, which it vitalizes, enriches, cleanses, and thoroughly purifies. The consequence is, that it is absolutely SPECIFIC in all cases of skin disease, no matter from what cause arising. That this is so is proved by the undoubted testimony of thousands who have used it with unfailing effect during the last ten years. To prevent any possibility of disappointment, Dr. Kahn wishes it to be distinctly understood that it is necessary to continue treatment for a certain length of time. Skin diseases are in their nature intractable and difficult to cure; and to promise a rapid and permanent cure with a single bottle of medicine would be to bring discredit upon it, however valuable. But the improvement will be found to be *immediate*, and no matter how serious or of how long-standing, the disease is certain to yield to a proper course of the system, which is destined to effect a revolution in the medical treatment of these cases, and is in truth the most important discovery in medical science since the introduction of vaccination by Dr. Jenner.

Many persons, who have imagined themselves cured of the venereal disease, have had the misfortune to find the disease break out again six or seven years afterwards. A proof of this

happened in our practice lately. A gentleman was afflicted with the complaint, and was cured, as he thought, by the advice and prescriptions of an eminent surgeon. He afterwards married; a few months after which he caught a severe cold, which terminated in a sore throat. He applied to a medical man, who prescribed the usual remedies, but entirely without success. Having been advised to consult us, he called upon us, and after a careful investigation, we informed him it proceeded from an old venereal complaint. It was some time before he would admit this to be the fact, and he persevered with the old remedies nearly a month longer, till at length the disease became so serious that he was compelled to place himself under our care; the rapid improvement under our treatment was sufficient proof of the truth of our diagnosis. We therefore recommend extreme care that the disease be thoroughly eradicated from the blood; for this purpose our medicines are very generally employed, and will be found most valuable, particularly in the after consequences, in removing all corruptions, contaminations, and impurities from the vital stream, *searching out the morbid virus, and radically expelling it through the skin.*

APPENDIX.

EX TABULIS ÆGROTORUM MEIS.

(Selections from my Case-Book.)

In adding these cases, I may be permitted to observe that they are selected, not because they are the worst which have come under my observation and treatment, but as being interesting to the general reader, and as containing some point likely to be useful as an example. These cases are correct in every particular, they are true to nature, and are a fair sample of those which I am, and have been for years, in the daily habit of meeting with in my extensive practice. That my success in treatment has been so uniform, I attribute (under Providence) to my extreme care in diagnosis, and to my use of purely natural remedies, eschewing those dangerous mineral poisons so entirely depended on by the general practitioner. It is not my intention to add to these cases in future editions of this work. INVIOABLE SECRECY is the rule of my practice, and may always be relied on. I have never yet published a case, excepting with

the express permission of the patient, and frequently at his request ; and the initials employed are arbitrary.

IMPORTANT NOTICE.

Patients are informed that no case is published in this work without the WRITTEN CONSENT, AND GENERALLY AT THE REQUEST, of the individual referred to ; AND THE MOST INVIO-LABLE SECRECY MAY BE FAITHFULLY RELIED ON IN ALL COMMUNICATIONS.

CASE 1,787.

“ NEW ORLEANS.

“ SIR—A perusal of your excellent work has induced me to hope you will be able to render me some assistance ; I accordingly feel the greatest confidence in submitting the following case for your opinion and advice. I am twenty-four years of age. At the age of fifteen I was induced to indulge in the habit of self-abuse, which I practised unremittingly once or twice a day for six years. Though I have entirely given up the practice for the last two years, I am, however, suffering from its cruel effects.

During the time above mentioned I led an extremely regular life, never drank much spirituous liquor, nor had I intercourse with females. In fact, so timid was I that I had not courage enough to address a woman on the subject. I was remarkably short and slender; and every morning when I awoke, a yellowish matter which had issued from my mouth during the night stained the pillow. I constantly complained of determination of blood to the head and of great nervousness. My sight and memory began to fail me. I felt pain over the abdomen after each act, but was still ignorant of the enormity of the vice and of its dire effects. In the spring of 1867, whilst at church, I had a rush of blood to the head, and fainted. I was brought home and had leeches applied to the back. The medical attendant hinted at the practice of self-pollution as the cause of the affection. This opened my eyes to the truth, though I concealed it. My sufferings, mental and bodily, now became dreadful. My intellectual faculties became entirely confused. I now became a mere skeleton. My eyes were quite dead, and bluish streaks were perceptible below my eyelids. I constantly staggered in walking, and frequently was near falling. I

had constant dizziness in the head, and a host of symptoms, principally from the head, for which no one could account. From shame, I did not reveal my condition till, being affected with a pain in the chest, I consulted a medical man, and was somewhat relieved. My accumulated sufferings now brought on a profound melancholy. Travelling being now recommended, I came up to New York, where change of scene and plenty of exercise have worked a great improvement in my condition ; still, however, I have severe sufferings, which I beg leave to enumerate to you. I have involuntary emissions of semen both when asleep and when awake, in the company of females or before a fire. I am affected with constant dizziness in the head. My sense of *hearing* as well as that of *sight* is impaired—a sort of mist before my eyes—a kind of undulating pain in the chest. I am entirely incapacitated for sexual intercourse. A constant feeling of terror is constantly hanging over me. Such is as accurate an account as I can give of my present and former state ; may I therefore solicit your immediate reply to my distressing case ?

“ I am, &c., &c.,

“ W. R. T.”

REMARKS.—If ever a subject presented himself for exemplifying all the dire effects of self-abuse, it was this individual. The order, too, in which the disastrous consequences of this habit were observed to follow each other, is very remarkable, and in perfect accordance with the pathological principles advanced in the previous part of this work; in fact, this one case would serve as an illustration of all we have said on the subject. First, the patient was observed to be remarkably short and slender. Here we see how the practice of self-pollution, by disturbing and destroying in the first instance the functions of digestion, impaired the growth and nutrition of the body. The next ravages committed by it were on the nervous system, and first on the *brain*; the sense of vision being impaired was a consequence of this; the disturbance of the nervous system was also evinced by the determination of blood to this organ. The failure of memory, too, and of all the intellectual faculties, the state of melancholy, so perceptible in this case, are further proofs of the destructive influence of this habit. Nor was the brain the only part of the nervous centres affected: the spinal system also became deeply implicated, as proved

by the wandering pains in the chest and over the abdomen ; the staggering gait of the patient, the state of muscular debility into which he was thrown, the involuntary seminal discharges, the total inability of the patient to perform the generative act, are still further instances of the melancholy effects of the habit of masturbation.

After impressing on this patient the absolute necessity of abandoning this habit, which, according to his own account he had himself done, we undertook the treatment of the case ; and by prescribing such medicinal and dietetic rules as the complicated nature of the patient's condition seemed to require, we succeeded, in about two months in restoring the patient to the enjoyment of perfect health.

CASE 1,615.

RANGOON, January 20th, 1868.

SIR—I find myself constrained to fly to you at last, and reveal a secret which I can no longer keep to myself. You will readily understand what it is, although I am filled with shame and confusion to acknowledge it even to you. But I feel assured throwing myself into your hands

alone will save me, and render me happy as a man in this world.

I am one of those unhappy beings who early fell a victim to that pernicious and accursed habit, self-pollution, which has already rendered me impotent, and it will not be long, perhaps, before its symptoms exhibit themselves in all their severity upon me. Would to God that I had never known this soul-destroying crime. How happy had I been if, even after knowing it, I had that moral restraint upon myself to check it, as a rational being and a Christian ought to do. I was let into knowledge of this forbidden habit (I curse the day it was) at such an early age as fourteen. I am now entering upon twenty-four, and it will be as superfluous as unnecessary for me to tell you to what state these nearly ten years' indulgence in this nefarious act must have reduced me. You can divine that yourself better than I can describe.

Your little work, which fell into my hands, providentially I think, soon convinced me of my imprudence, and awakened me to a true sense of my position, and made me look, as if with a new eye, upon the blackness of this vice, which I have at last given up, I hope forever.

The long continuance, however, played all the mischief imaginable upon me. My health visibly gave way to it. My memory fails me, and is no faithful companion of mine to trust. My mind is daily sinking into a state of stupefaction, and is unwilling or unable to exert itself, and my strength is so prostrate that I feel an utter aversion to all bodily exercise.

Yet to all outward appearance I look hearty and strong, being corpulent ; and none, I think, would suspect me as addicted to this vice, unless, indeed, a keen observer discover it, if that be possible, in my eyes, which look vague and dull. It appears to me strange that, unlike many who were subject to this vitiating habit, I have ample hair about my face, thick moustaches coming on my upper lip, and have ample and thick whiskers ; I feel no particular pain about back or loins worth mentioning. My bowels are generally costive, testicles pendulous, and penis rather short than of ordinary length. I get emissions at night, on an average of perhaps once a month.

These, sir, as I describe to you, are the symptoms as appear to me. I do not know by what wonderful providence I am still kept to look like a man, although without the essence or

attribute. I can only fly to you at this extremity, and look upon you, next to the Almighty, as one who alone can restore and give back to me all that I have brutally and ignorantly lost. I have not been in circumstances till now to apply to you for help and cure ; and what I can at present afford I send you for your priceless and invaluable remedies, the taking of which only could, I am confident, make me whole and renew my happiness.

Give, sir, I beseech you, such attention to the case of one who throws himself into your hands as the severity of this disorder merits, and who will consider and respect you next to his God for the cure which cannot be got elsewhere in the world but in your hands. Please be good enough to see the medicines you send me well packed, so that the rough usage they will meet with may not damage them. It will be also esteemed a favor, your letting me know your opinion. All your instructions will be thankfully and gratefully obeyed. Awaiting your reply with greatest anxiety, I beg to remain sir, your obedient servant.

Please address me thus: To Mr. ——. care of ———, Rangoon, Burmah.

REMARKS.—This gentleman required active treatment for a period of four months. He was thoroughly and effectually cured, and has since returned to the United States and married. A few months since I received a letter announcing that his wife had been safely delivered of a fine boy.

CASE 3,765.

SAN FRANCISCO.

A clergyman, about thirty years of age, consulted me not long ago in reference to *generative debility*, arising from habits, the ultimate results of which were unforeseen, *but now sufficient to embitter existence*. About three months previously to the date of his first application to me, he married, and much to his surprise and mortification, had been unable to consummate the ends of that institution, *in consequence of premature and involuntary emission* invariably preceding the attempt, and thus destroying sexual power. After waiting a few weeks, he became painfully convinced that without interference this state would become permanent; and in his intercourse with me I elicited the fact that, when a schoolboy, he was initiated by some of his precocious fellow-pupils

into the habit of self-pollution. This, indeed, became truly a habit, from which he dreaded no ill consequences, excepting from its too frequent repetition, and generally twice a week by manual friction he was accustomed to seek that relief from which the sexual propensity is the natural outlet. He imagined that he never feared the loss of power, though occasionally haunted by *ill-defined nervous indigestion*, the true cause of which never occurred to his thoughts, and the absence of all apprehension arose from the supposed consciousness that he never lashed these organs to efforts for which they did not appear perfectly prone and capable. Now, however, the tendency of this injurious habit flashed upon his conviction in all its terrible reality. It appears that during ten years previously to his marriage he had been the subject of *nocturnal emissions* occurring irregularly, but generally once in every week or ten days; but to this he was accustomed to attach not the slightest importance, under the idea that the discharge was perfectly natural, and in no way connected with the habit of his boyhood. The consciousness of his impotence, and the perception of its cause, preyed upon his mind so as to render him completely wretched, unfit

not merely to reciprocate the interchange of domestic and matrimonial felicity, but unnerved for all the purposes of serious thought, and the high duties of his sacred vocation. In full possession of the facts of the case, and having secured his unlimited confidence, commenced the treatment of this deplorable infirmity, by the local application of cold astringent washes to the enfeebled organs, with a view to destroy the morbid irritability. Conjoined with this, he steadily persisted during two months in my course of *alterative and tonic remedies*, maintaining a resolute abstinence from all attempts at sexual gratification during that period.

The primary effects of these restorative agencies was *the entire suppression of nightly emissions*; and at the end of seven weeks desire became so ungovernable, that, attempting intercourse, my patient had the happiness to find the healthy and natural action of the generative organs entirely restored; a circumstance that in itself tended, by its effects upon his joyous mind, to maintain their newly acquired power. I received a letter from him a month afterwards, conveying the grateful expression of his warmest thanks; and I had afterwards

the satisfaction to perceive, from an announcement in the newspaper published in the locality in which he resides, *that he has become a parent*, doubtless very much to the mutual satisfaction of himself and the partner of his affections.

CASE 1,900.

ALBANY, N. Y.

With the permission of a gentleman, whose introduction professionally to me has terminated in the formation of a lasting friendship, I transcribe such portions of one of his letters as will illustrate his position on his first application to me for advice, and the results of my treatment. He observes: "From my earliest youth I have manifested a susceptible temperament, highly and easily excitable, and, in reference to the sex, the long-suffering victim of passions which I never sought to control. An ardent imagination was the bane even of my school-days, and, in the society of youths, over whom, as well as myself, no vigilant eye was watchful, or perhaps evaded, I gave loose to the indulgence of each prurient emotion as it rose; while feebleness, loss of appetite, and the incipient symptoms of consumption resulted as the disregarded indications of violence, *un-*

naturally inflicted upon my debilitated powers through self-pollution. I was always accounted what the world calls '*nervous*,' and, under the hope of recruiting my shattered constitution, and that I might no longer be tempted to seek for gratification in unhallowed propensities, *I determined to marry.* My partner (since deceased), and lately the mother of my only child, was every way worthy of manly choice, and in the first impulses of passion, and until the charm of novelty was destroyed, I underwent no uneasiness from the failure of sexual power. This state of things did not last long. Anxiously hoping for offspring, and feeling hourly that some strange change had befallen me, the dreadful truth flashed upon my tortured conscience, and I felt that the excesses of youth, though of slow retribution, were dreadfully sure and painful in maturer age. And now the long train of my nervous ailments darkened around me with tenfold severity; my wife's very silence reproached me with more keenness than open recrimination; I cursed my very being, or rather the weakness that had rendered me the victim of that early and horrible delusion. I doubted of my powers, weakened as they truly were, till the very doubt ensured

their incapacity ; despair, self-loathing, and an apparent cureless melancholy invested the first years of manhood with gloom, and the prospect with hopelessness ; as to the gratification of my wish to perpetuate my name, that I had long resigned as a well-merited impossibility. My ordinary medical adviser either did not or would not understand me, and was fain to treat the ailment which evidently distressed all around me upon principles which (knowing he was ignorant of the true cause of such suffering) only could tend to aggravate the mischief. Under these circumstances, as I confess with much reluctance, and with not the slightest hope of benefit, I ventured, first anonymously, to consult you by letter. *The tone of your letter emboldened me to make a personal application*, and confidence and respect became mutual ; your manner riveted that confidence, and from that hour I found a friend, who has inspired the gratitude every man must feel who has been rescued from the cold and cheerless jaws of destruction. I followed your remedies, I implicitly adopted your general advice, and incipient improvement kindled hopes as to the ultimate result, which has been most happily realized. I shall not easily forget the feeling

with which my first-born was placed in my arms. Death has removed her, with whom, but for the circumstances previous to our union, I might have passed, in the first years of married life, a happier time ; at least I feel the returned possession of vigorous manhood, my nervous apprehensions of incapacity are scattered to the winds, and the bitterness of her loss is mitigated in no trifling measure by the consciousness that she saw and hailed my returning health before I was deprived of her forever."

CASE 3,765.

BROOKLYN.

SIR—Accept equally my gratitude and homage to your skill. I assure you it gives me infinite pleasure to report progress in accordance with your request ; it is *now* just four weeks since I commenced with your course of medicine.

During the night of the 15th November, I had an emission ; on the 16th your medicine came to hand. *I have had one emission since—during the night of the 7th of December ; twenty-one clear days.*

The first time I took the *medicine* I felt it beneficial, but the *pills* have had a strikingly

wonderful effect ; after taking them I feel so well, so happy, so full of joyous spirit, that I am like a holiday schoolboy next day.

I must tell you that my health and strength are wonderfully increased ; my duties, so wearisome before, are *now* light and easy. I work and never lose my energy, or become wearied. *In short, I have lately felt that life is a pleasure.* Day by day I have felt better. My friends, public and private, are surprised to see me so well, so strong ; I am most sanguine of future health and manly strength.

I thought the emission would never occur again ; *imagined myself perfectly cured.* However, the last emission was only slight, but I felt weak in my knees, and had a feeling of exhaustion for all the *day after* ; but it went off, and I felt well and strong again, and still continue so.

The *penis* has assumed a much larger appearance, and feels more natural and vigorous ; it has lost that *flabbiness*, feels warm, and is never *clammy*. I begin to feel the natural geniality of the organs. I have rigidly adhered to your rules and advice ; the glutinous matter does not now escape with my urine ; my bowels have been costive and irregular.

My sudden acquisition of strength surprises me; the dreams are not so frequent, nor so lascivious. Will the emission be altogether prevented? Shall I endanger my health by marrying in twelve months' time? Will the rules you have given be necessary: I mean with regard to diet, sponging, exercise, sleeping, &c., after I am medicinally cured?

I already hail you my regenerator.

Anxiously awaiting a reply, permit me to remain, with grateful feelings,

Your obedient patient,

L. D. N.

To L. J. KAHN, Esq., M.D.

CASE 2,190.

“MILWAUKEE.

“DEAR DOCTOR—Having been an eye-witness of the extraordinary success of your treatment in the case of a friend of mine, who was reduced to the last stage of debility in consequence of his indulging in the habit of Onanism, and being myself a victim to the same vicious indulgence, I have summoned sufficient courage to make application to you to solicit the benefit of your skilful advice. For the last ten years I have indulged in the habit, on an average,

five or six times every week ; the consequences have been very marked and striking. I am at present very much debilitated, and wasted away in flesh. My appetite is become extremely bad, though at first it became actually voracious after I first commenced the practice. I can with difficulty digest the lightest food ; my limbs are extremely feeble, and I never feel by any chance the least desire for sexual intercourse ; indeed, such an idea never enters my head, though at the age of sixteen I was rather forward in that particular. I am also unable to apply my mind for any time to any one train of thinking ; and as for memory, I have scarcely any. I also labor under an incontinence of urine ; and, both during sleep and when at stool, I am troubled with seminal discharges. Under this state of things, I applied some months ago to a medical practitioner of some repute in this place, but after taking medicine to no end, as prescribed by him, I find not the least improvement in my condition. I have, since reading your book, almost entirely discontinued the ruinous habit which has been the cause of all my sufferings and sorrow ; yet, so inveterate has been my addiction to the habit, that I am still dragged into the gratifi-

cation of it,—but very, very rarely. I find my intellect sometimes in a very strange state; indeed, to be candid, I am sometimes afraid my reasoning faculties are more or less impaired. I trust this exposition of my present feelings and state of health will lead you into a knowledge sufficient to enable you to undertake my case. My sole hope of ever becoming a member of society rests on you. The friend of mine who directed me to you is now so perfectly re-established in health and strength, that I entertain strong hopes that my case is not entirely desperate. Certainly he was not so bad as I now am.

“May I beg of you to take my distressing and pitiable case into your consideration, and to send me word what I must do. Hoping to hear from you as soon as you conveniently can,

“I am, Sir, yours respectfully,

“S. M.

“TO DR. KAHN.”

“MILWAUKEE.

“DEAR DOCTOR—To state to you in adequate language the grateful sentiments I feel towards you for the state of health and strength to which you have restored me, would be out of

my power. I thought such a thing beyond the power of medicine. Oh ! sir, what a difference in my present state of vigor and of mental quiet from what I was in but three months since. All that time I was a wretched, debilitated, and emaciated being, ashamed and degraded in my own eyes, from a consciousness of having been the cause of my own degradation. Now I can hold up my head like a man, can feel like a man, and have good reason to know that I can act like a man—for which I am in a fair way of being made parentally to pay. I would like to know whether it will be necessary for me to continue the use of the medicine any longer. The small bottle in the last packet seemed to be a clincher. It wound up all my energies, like the works of a clock. In fact, it seemed to act on me like magic.

“ I beg to return to you my warmest thanks for the patience you have had in listening to my many tales of woe, and restoring me to the possession of the happiness I now feel.

“ Believe me,

Yours, very gratefully,

“ S. M.

“ TO DR. KAHN.”

CASE 2,927.

“NEW JERSEY.

“SIR—One of the most pitiable objects that ever addressed you now claims your mercy and attention.

“I am now twenty-four years of age, but sadly debilitated. I no longer approach a woman. I feel satiated or disgusted with the sight of one—my appetite is nearly gone—my digestive powers are greatly impaired—and I feel no interest whatever in what is passing around me ; and what is still stranger, the hair of my head has fallen off in a great measure, so that I am almost bald—strangers take me for forty years of age. Having perused your book very lately, a ray of hope darted through my mind that I might find some relief in your judicious treatment. Can you do anything for me ? In the hope that you will undertake my case, I enclose you your fee of \$5, which shall be repeated when necessary ; only do not delay, I implore you, in writing to me. My only hope is now in your skill and experience. If that fail me, I have not a hope left. Do, then, take pity on me, as I am nearly broken-hearted.

“Your unfortunate correspondent,

“DR. KAHN.”

“A. B. C.

“NEW JERSEY.

“DEAR SIR—In my last communication I stated to you that the most unfavorable of the symptoms were gone ; that my appetite was re-established ; the seminal discharges in my sleep and at stool, were gone ; and that my strength and energy were perfectly re-established. I have now the pleasing duty to state that my baldness is very much diminished, so that I have given up the idea altogether of wearing a wig. My desire for sexual intercourse is perceptibly returning, so that I now stand a fair chance of being a better man than I ever was. Oh, sir ! what a lesson I could read to those unfortunate youths who indulge in excessive venery at a premature period of youth. How dreadful have been my sufferings of both mind and body. Thanks to your unremitting and assiduous care, however, my health is now better than I remember it ever to have been.

“I should very much like to have another packet of your medicine, as I am obliged to go a considerable distance from home in ten or twelve days hence, and shall not return for three months. Any advice you may consider

necessary you will be kind enough to impart to me in your next.

“I am, Dear Sir, your grateful patient,

“A. B. C.

“DR. KAHN.”

CASE 3,759.

A threatening of Pulmonary Consumption from excessive Venery.

M. W., aged twenty-five years, of rather delicate frame, a clerk in a large commercial establishment, had been always of very regular habits in every respect—had been residing in one of the outlets of New York for the last two years, and, about twelve months before we saw him, he married a young widow in whose house he had been lodging, and continued to indulge very freely in the pleasures of the marriage-bed for the first nine months without feeling any bad effects; about this period, however, he began to lose flesh very perceptibly, and to feel great lassitude on the least exertion; his appetite for food also began to fail him; his sleep became disturbed and unrefreshing, bowels became constipated; in fact, all the symptoms indicating a general deterioration of all the functions, both bodily and mental, began to

show themselves ; his sight became impaired, as also his memory ; in fact, his mind was so absorbed in the one engrossing idea, namely, that of the gratification of the venereal appetite, now increased beyond all bounds, that he became unable to devote the proper degree of attention to his ordinary occupation. He now also began to complain of pain in the upper part of the right lung, and of considerable difficulty of breathing on ascending an eminence ; these symptoms having continued for two or three weeks, he began to perceive a sense of heat in the top of the fauces, as also a saltish taste in the mouth, a little after which he began to spit blood of a florid red color and frothy appearance. Being alarmed at this, and having for some time suspected that the cause of his present impaired health was his inordinate indulgence in venery, he called on us, and detailed the history of his case, as we have now given. On examining his chest we observed some dullness on percussion in the upper portion of the right lung, immediately under the clavicle ; the respiratory murmur was also absent from this part ; in every other part of the chest the respiratory function seemed all right ; the action of the heart was somewhat irregular,

being very much hurried occasionally, and from the slightest cause.

We directed that he should forthwith abstain from all sexual intercourse instantler, a condition imperatively required for the re-establishment of his health; we also prescribed a peculiar diet. and such medicines as the nature of the case seemed to indicate. After being about three weeks under treatment, he began perceptibly to recover his strength, his appetite returned, as also his sleep, the pulmonary symptoms gradually declined, the hæmoptisis had not returned after the first week he had been under our care, the pulmonary tissue was now perfectly pervious to air, and percussion elicited the natural healthy sound over the chest; in fact, after being under treatment, in all about six weeks, he was entirely restored to health. Apprehensive, however, lest he might return to his former inordinate indulgence, we recommended his leaving New York for a month or so and returning to his native place, which was in some part of Jersey; he has done so, and it is but a few days ago since we received a letter from him announcing the perfect restoration of his health and strength, and his intention of resuming his former employment,

REMARKS.—This was a case where considerable difficulty presented itself; a patient exhausted in strength, with a very serious affection of the lung, for the relief of which depleting measures appeared necessary. It is evident, however, that if such treatment was carried to any extent in this case, the patient must sink; thus, then, we had to restore strength, and, at the same time, to combat inflammatory symptoms of rather an alarming nature. By closely watching from day to day the effects of our remedies, we finally succeeded in gradually restoring the strength, and at the same time in keeping down inflammation by the local application of counter-irritants.

CASE 1,387.

A. E. M., about twelve months before seeing us had contracted gonorrhœa from a casual connection. A slight discharge and scalding made their appearance about seven days after the intercourse. The age of this gentleman was 32, and although he had led a very free life, he had never before contracted disease. His occupation was head-salesman and manager of a large mercantile house; his pursuits active; he was a man of great energy, clever in busi-

ness, well educated, and of social habits ; unmarried ; temperament nervous-sanguine. Of course he knew very well what was the disease, and without loss of time consulted a physician, a friend of his, in large practice. Wishing to cut short the disease as soon as possible, the doctor ordered large doses of balsam copaiva and cubebs, and also applied an injection of nitrate of silver. These active measures seemed at first to produce the desired effect. The discharge, which had never been very copious, was decidedly lessened ; but the patient complained somewhat more of the scalding and pain in urinating. The treatment was continued a few days longer, but the discharge remained and the pain increased. He also found considerable irritation of the bladder—so that he was unable to hold his urine for any length of time. There was also much heat and inflammation about the penis, and small red pustules began to make their appearance on the body, causing intolerable irritation. The appetite was lost, and, in addition, whatever was eaten caused sickness and indigestion. The stomach revolted entirely from the medicine, which, when taken, was immediately rejected. His friend now discontinued treatment, and ordered

warm baths and mild aperients. Some six or seven weeks had gone by, and A. E. M. found himself, as far as the disease was concerned, certainly no better, but in addition greatly reduced in strength, and his digestion so seriously impaired that his stomach could not bear anything in the shape of medicine. A temperate drinker before, he had entirely given up all his usual stimulants, having been so advised by his friend. For a week or two longer, sometimes a little better, at other times a little worse, he still continued taking medicine when he could stand it, occasionally trying a mild injection. The discharge was thick and greenish in color, scanty in quantity—the nut of the penis and the lips of the urethra blood-red. The pain in urinating now became extreme, and one day, having been much on his feet, he found, towards evening, that he was compelled to pass urine every five minutes. He had been suffering from severe pain in the back all through the day, and he felt himself so ill that he immediately undressed, went to bed, and sent for one of the first surgeons in the city of New York. It proved that inflammation of the bladder had set in, and so much had the patient been reduced, and so obstinate was the case,

that it was three months before he was able to rise from his bed. But A. E. M.'s troubles were not yet ended. After the inflammation was reduced, a very copious urethral discharge came on, which the surgeon very properly encouraged by every means in his power. It now became important to endeavor to stop this discharge, which was attempted carefully and tentatively. Just as it was stopped, and the patient was congratulating himself that his disease was cured, the left testicle began to swell, and so great was the pain and inflammation, that he was again obliged to take to his bed. Another month, when the other testicle was attacked. The treatment adopted was leeching, cold lotions, and aperients. It would be tedious to continue the history of this case. Suffice it to say, when we were consulted we found considerable discharge, which, directly it was checked, caused immediate swelling of one or both testicles, obliging the patient to lay up, the slightest exertion or exercise causing intolerable pain. What was to be done? I must confess this case required deep consideration, and, when I heard the history, I felt some misgivings as to the result. At first I thought it possible that some complication in the form of

seminal discharge might be present ; but a careful microscopic analysis convinced me that such was not the case. The discharge was purely gonorrhœal, and although so long a time had elapsed since the infection, strange to say, there was no stricture. Seeing that the patient was so much reduced, I determined to act against all the usual laws of medical men in the treatment of generative inflammation and urethral discharges. I prescribed powerful tonic treatment, and ordered in addition at least two bottles per diem of the best London porter. Although the discharge was copious, and the pain in urinating very severe, so much was the patient reduced and weakened, that I determined at all risks to improve his general health and condition, even if the local disease were thereby increased. But such was not the result. I saw him daily, and from the first hour improvement set in. The diet and medicine together caused a visible alteration from day to day. At the end of a week all pain in urinating, and all tendency to inflammation, had left him. During a month the character of the discharge gradually changed, and, though no special remedies were employed, the quantity greatly diminished. I now found the

patient well enough to attempt cautiously to stop the flow. In this I succeeded in ten days, keeping up the medicine a week or so longer, lest there should be a return, though I did not fear it. But everything went on well, and I discharged A. E. M. thoroughly cured, and in a perfectly sound, healthy condition, within six weeks of his first consultation. From that day to the present time there has been no return of the disease, and no unpleasant symptoms whatever.

REMARKS.—It is very frequently supposed, especially by young men, that gonorrhœa is a disease of little or no consequence. There is no doubt but that occasionally a cure may be very easily effected. On the other hand, there are constitutions to which one dose of the remedies which are so generally used will act as a virulent poison. To discriminate one from the other requires the acute instinct of the educated medical observer. In my hands the “*abortive*” treatment of gonorrhœa, by which a cure is frequently effected within three days, has proved invariably successful. Why? Because I never attempt it, except in cases which my experience tells me are amenable to that vigorous treatment. And surely it is better to take

a week to cure, if necessary, than adopt treatment nearly certain to fail, and which must, in case of failure, protract the disease for a lengthened period. Another week of the "usual remedies" must have cost A. E. M. his life, and when I first saw him I did not feel by any means certain that I could restore him to health.

CASE 4,798.

"BOSTON, MASS.

"SIR—The critical and pressing circumstances in which I find myself placed oblige me urgently to solicit your immediate attention to this my communication. I shall give as briefly as possible the history of my case. I am now in the forty-fifth year of my age, and have never been married. I begin to find myself less vigorous in my embraces, and less inclined, because less able, to repeat them. I also experience pains in the lower part of the spine, gleety discharge, occasional dizziness in the head, and, when at stool, emissions of semen. At first, and for considerable time, I took no notice of these things, and did not at all suspect the causes which could have given rise to them. I happened, however, to read in a medical work, some time since, an allusion made to

these symptoms which I have stated that I felt, and some (certainly obscure) reference to imperfect coition and premature secession from the female as their probable cause. I then consulted your book, and found that the real cause of my symptoms, which have since, by the way, become much aggravated, was to be referred entirely to the habit in which I had been for so many years indulging. As I wish to be as minute as possible in this my communication to you, I find brevity impossible. I therefore must speak a little in detail: For the last three years I experienced a sort of tremor under mental agitation, whether such agitation be occasioned by ordinary business (I am a merchant) or by venereal feelings. This tremor is only occasional, but its recurrence is very frequent, especially of late. I am becoming less confident every day of my virile powers, for I find them much deteriorated. I have lived a bachelor up to my present time, have never been diseased with syphilis, and have now a very excellent opportunity of an extremely good match with a young lady somewhat, nay, considerably younger than myself. One thing only deters me from marrying—debility of the genital organs, and premature emission

of semen. I have endeavored to make my case as open to you as possible. It is within your power, or the power of medicine, to restore me to anything like adequate strength to consummate the act of coition? I am nervous—I am afraid. Write to me as soon as possible your opinion, and if you think medicine can relieve me, send it to me immediately. The occasion is urgent—that must plead my apology. I enclose fee. If you restore me to the state in which a husband is expected to be, I shall gladly acknowledge it, and remunerate you handsomely. Yours obediently, R. S. T.”

“BOSTON, MASS.

“DEAR DOCTOR—I have, I know, worried and teased you very much; but you know too much of the wretched state of a man’s mind, circumstanced as I was, till I consulted you, to feel annoyed at my unceasing importunities and interrogatories. I now find myself completely set to rights—everything as it should be—healthy and vigorous. I no longer feel any delicacy in undertaking the duties and responsibilities of a husband. From your assiduous and truly scientific directions and medicines, I am to be married in two or three days. Ought I not continue your last bottle a little longer?

I enclose check, but I never can repay you for your kind indulgence to all my pettishness and over-anxieties. If of any service, you are at perfect liberty to publish the case—of course, omitting my name and address.

“ Ever your obliged,

“ R. S. T.”

CASE 1,226.

A gentleman of about thirty years of age, who was studying for the bar, consulted me in order to know if I thought it possible I could ever restore him to a vigorous state of health. He had, he said, when a boy, been taught the horrible habit of self-pollution by one of his father's stable lads, with whom he, boy-like, used to ramble about the stables and grounds, and this practice he had continued even long after both his judgment and his health had warned him to desist ; in fact, he told me he was ashamed to say that it was only by slow degrees that he had succeeded in obtaining the mastery of himself, and that he had only very recently been able completely and utterly to abstain. So firmly had the vice fixed itself upon him, that, even after he had made the strongest resolutions, the mere sight of anything

in the least calculated to excite amatory feeling, or the reading of the most innocent paragraph in a newspaper or book, suggestive, even in the most remote way, of sexual enjoyment, was sufficient to scatter his good intentions to the winds, and cause him to seek the earliest opportunity of solitarily gratifying his most odious propensity. While mentioning these and other circumstances with the utmost candor, he told me at the same time that no mere bodily suffering or ordinary consequences of his viciousness would have induced him to undergo the pain of thus unbosoming himself, and of making the disgraceful confession, were it not for two circumstances. One of these was, that unless he could get absolutely cured, he was deprived of all hope of his being able to succeed in his profession; and the other, that having, for not less than seven years, been engaged to a young lady of great personal beauty and highly cultivated mind, between whom and himself the warmest attachment subsisted, the time was speedily approaching when either he must entirely debar himself her society, and leave her to imagine him (without power of explanation on his side) one of the basest and most insulting of men, or fix some period,

however remote, for their marriage, as the position in life of both parties were such that no obstacle existed to their union. This he very properly declared he never would assent to while in his present condition—and a frightful condition it was. Although stout in body, his face was thin, hollow, and cadaverous ; his flesh was flabby, the scrotum was hanging loose, his limbs were weak, his hands unsteady and trembling, his breath was so short that he dared not take even a short walk ; he had pains in his back and loins, besides a variety of other symptoms. He found, moreover, that a gradual incapacity for study had for a long time been creeping over him, a confusion of ideas, an impossibility of fixing his attention upon any subject, and a constant state of wavering uncertainty, restlessness, and disquiet, the sure forerunning symptoms of mental imbecility. Under these circumstances he entreated my aid, if it was at all possible for that aid to be successfully exerted. I undertook the case, and although the evils I had to eradicate were deep seated and of long standing, I at length, by perseverance and a careful study of his constitution and ailments, succeeded in effecting his restoration to a state of thorough health and

vigor. He has now been three years married, has two children, and last year made a successful *debut* at the bar.

CASE 2,572.

A gentleman, a large manufacturing chemist, called upon me early in May, 1862. He was suffering from a severe case of secondary symptoms. About three months previously, after a casual connection, he had noticed chancres; and having studied medicine, his business, too, giving him a first-rate knowledge of drugs, he thought he could soon cure himself. He therefore began to take blue pills, with a lotion of sulphate of copper. He was slightly salivated, but the chancres healed, and he was delighted to find himself quite well. But, ten days before seeing me, secondary symptoms broke out with the greatest virulence. His throat was severely attacked; spots broke out all over his body; his hair fell off (a common effect of mercury), and his constitution seemed completely shattered. I also found, on careful examination and analysis of his urine, that he was suffering from spermatorrhœa—in fact there was a loss of seed every time he passed water. As was to be expected, the seed was

diseased ; in fact, syphilis had affected every tissue and secretion of the body. The case required prompt treatment, and for three or four days the disease continued to make head against the medicine. However, I am happy to add that I soon controlled it, and in the course of seven weeks Mr. — was perfectly restored to health and vigor.

CASE 2,596.

PHILADELPHIA.

Captain M. A., three months before consulting me, had observed a small pimple under the prepuce or foreskin, after a casual connection. Having rubbed it off, it was succeeded by another, rather larger, when, thinking it was "*the heat of the body*," he took mild aperient medicines. It remained stationary for some weeks, and then began to increase rapidly ; he also noticed a large swelling in each groin. Becoming alarmed, he determined, by the advice of a friend, a brother officer, to consult me ; but, unfortunately, urgent business detained him some days longer. I immediately saw that the case was very serious ; the poison had acquired terrible virulence by remaining so long in the body, and, in spite of the most

powerful remedies, he continued to get worse for some days. The chancres progressed so rapidly as to threaten the entire loss of the penis, and both buboes burst, leaving a large cavity in each groin. However, by the most energetic means, he was brought under the influence of the medicines, and began to improve, though at first very slowly. This case required three months' constant attention before a cure was effected, and even then it was necessary to prescribe strengthening medicines for some weeks longer. I instance this case to prove the importance of an early application in case of syphilis. Had the patient applied to me in the first instance, one week's attention would have been quite sufficient to insure a thorough cure, without pain or annoyance. I have lately received a letter from Captain M. A., stating that he is now thoroughly well, and as strong as ever.

PICTURES FROM REAL LIFE.

These are not intended to challenge criticism, nor to excite idle curiosity. Many may see them for whom they will have no interest—who may, perhaps, hardly understand them. They will, however, fall into the hands of some few who will thoroughly comprehend their purpose, and for whom they will have a solemn interest. They are, to those few, addressed in earnest solicitude, by one who desires to minister to their sorrows and to mitigate their infirmities. I ask, in good faith and kindness of heart, one favor from the person who may receive this copy. I beg of him to read it carefully, thoroughly; and if he finds in it nothing that has a personal application to him, to present it to some young man of his acquaintance. It may thus find a reader for whom it will have a *peculiar personal interest*. I entreat THAT reader to weigh my words calmly and deliberately, for on the decision of that present ten minutes will hang in all human probability, the happiness or misery of his future days. In that

time may be determined whether he shall live an ornament to society, an honor to his name, a healthy, happy man ; or whether he shall sink into the poor, pitiful, joyless, nerveless, prematurely old man, without heart, health, or hope.

PICTURE FIRST: THE YOUNG SENSUALIST.

“The glory of a young man is his strength.”

In the great battle of life there is need that each combatant should have a brave heart and well-braced nerves, for the fight is long and arduous, and the weak and timid have no chance therein. Nor is the work all toil : the high endeavor—the end in view—makes of it a pleasure, and as we watch the busy passers-by in the broad thoroughfares of the city, every face seems eager and earnest. No, not *every face*. Here comes one, alone—a solitary one. He is young, but he has none of the busy characteristics of his fellow men. Listless in his manner, timid in his air, he wanders rather than walks through the crowded street. Maybe he is a clerk, or a student, or a mechanic. But why is he so vacant and so sad ? It is but three or four short years since, with a father's blessing and a mother's prayers, he went forth into

the world to conquer fortune, and “to make himself a man.” Then his nerves were firm, his mind was buoyant, his step was light, and his hopes were high. But these few short years have wrought a sad and fearful change. Now neither hope nor ambition finds a place in his bosom. The fresh vigor of his youth is replaced by a weariness of life, even while his foot is yet but on its threshold. See how vacant and objectless is his gaze ! His hand wanders to his forehead, which it feverishly presses, whilst a deep sigh escaping him tells of nervous exhaustion, and of a mind brooding over darkling thoughts. If you knew him as a child you are struck with the change. Then he was robust and stout ; now he is thin and pale. Then his eye would flash fire, as he dashed with energy into some boyish game ; now he turns aside from old companions, and frowns on what were once delights. And, hark ! that hectic cough that shakes his frame, exhausts his breath, and tells of an undermined constitution, and, perhaps, of the dread approach of consumption. Speak to him. What says he ? “He has been ill, and growing worse for a year or so. He cannot account for it, and the doctor does not seem to do him any good, or to

know what is the cause of his illness. His eyes are weak and his memory gets very bad." Poor fellow! It is a sad tale. Is there no solution? Yes; come with me.

It is night time. He has retired to his bed. Let us lift the veil of night, and gaze on him when he fondly fancies that no eye is upon him. Does he sleep the sleep of conscious rectitude—enjoy the welcome repose of a self-satisfied mind? No, alas! What tempest of passion—what hurricane of lust is this that sweeps across his soul! Why do his strained eye-balls glare on vacancy? Why does his cheek flush now like fire, now become pallid as death? Why does his poor heart now beat as if it would burst through its tenement of flesh and bone, and anon scarce indicate a fitful pulse? And now, why does he sink, sighing and exhausted, helpless and almost lifeless on his pillow? The fearful truth is all revealed. Sensuality has only too faithfully painted its deep lines on his body and mind. The picture is only too complete. Before you lies a poor, self-destroying, self-debauching, nerveless, joyless Onanist.

"A shocking picture, indeed!" some of my readers exclaim, "but surely a little overdrawn?" Not so. The silent tortures, the

voiceless sorrows endured by those who persist, from year to year, in the practice of Onanism exceed the descriptive power of my pen, or of any other. Instead of exaggerating, every true mind sinks appalled from the magnitude and sternness with which these evils haunt the footsteps of those who persist in the practice, whether wilfully or ignorantly. The following description of his case was written to me some years ago by one who is now a happy husband and father :—

“I was well and happy until the age of fifteen, when I learnt the habit from a companion at school. To me it was like a new revelation, and my ardent temperament caused me to indulge to a fearful extent. As I became older a sentiment of shame withheld me to a certain extent ; but only three months ago, when I became possessed of your admirable book, did I entirely relinquish the habit. And now, through fatal ignorance, what have I become ? A wretched, nerveless invalid ; dreaming instead of working. My energies exhausted, my face pallid, my forehead covered with blotches, my appetite sometimes voracious and unnatural, and anon not to be tempted by the choicest viands. Pain, heavy pain, and deep languor

from morning till night. My eyeballs ache and throb ; I suffer acutely when I pass water ; my groins seem weak, so that I cannot enjoy exercise. When it is morning, I long for the night ; and then, what nights I pass ! Lascivious dreams disturb my rest ; my sleep is fitful and unrefreshing. Long hours I lie awake, frequently in a profuse perspiration, reflecting on my awful condition, and my thoughts embittered by the knowledge that surely my 'sin has found me out.' Oh ! sir, as you hope for blessings here and hereafter, exert your utmost skill to rescue from destruction a blighted wretch."

This is a picture drawn by the hand of a sufferer. A few short weeks more, perhaps, and his application to me would have been in vain. His constitution would have been utterly ruined.

Again, had he applied to a general practitioner, who lacked the special opportunities I have now for thirty years enjoyed of studying the intricacies of these cases, he would probably long ago have been consigned to the grave, instead of surviving, as he does, in health, honor, and happiness.

PICTURE SECOND: THE BACHELOR SENSUALIST.

In every community there are many middle-aged men, who from choice or necessity have not assumed the responsibilities of married life. It may be they have failed to secure one whom they have fondly loved in youth ; it may be that they have determined to secure a higher position and a more assured income before marriage. As a general rule these men are hard-working, energetic men of business, strictly temperate, well educated, saving in their habits, and highly esteemed in society. But there are amongst them others altogether different—men of shy habits and downcast looks, sometimes of morose and peevish minds. In what should be the very prime of their life they find their constitutions failing them. They have well-grounded fears that manhood, vigor, mental and bodily, are fast leaving them. I have been consulted by many such. Their usual theme has been, “ Why do I suffer ? Have I not led a sober, temperate, sensible life ? Have I ever been guilty of dissipation or debauchery ? My life has been regular ; I have kept early hours—lived in good, well-ventilated, cheerful homes ; my diet has been sound and wholesome, and I

have taken sufficient and regular exercise." All this is true. Every rule tending to health and happiness has been observed, **SAVE ONE**. Understand, my friend, **THE BLOOD IS THE LIFE**. *Do you know that one ounce of the semen is equivalent to FORTY ounces of blood?* Be no longer ignorant—you are answered. The secret sin—the sin of Onan—has been draining your heart's blood for years. Be assured that no man can commit evil without evil consequences—for "Sorrow tracketh **wrong** forever and ever."

When the constitution is healthy and vigorous, it may resist the consequences for years; but the ultimate effect will be all the more aggravated. The vital force, unable to bear the waste of more than life, gives way suddenly. The healthy middle-aged man becomes a confirmed invalid. Worse—infinately worse is it when such a man ignorantly marries. I remember such a case. The gentleman was about forty years of age. He had gradually worked his way up (without capital) from the position of book-keeper, at a few shillings a week, to salesman, buyer, and ultimately partner in one of the greatest commercial houses in the city of G. This fact speaks volumes for his mental activity and unblemished integrity.

He was a personable man, stout of limb, healthy in appearance, but a confirmed private sensualist. Years had passed since he first addicted himself to the unfortunate habit—yet hitherto his system had resisted the constant drain upon its vital resources. Not that he has been without warnings. Sometimes a failing eye, a wandering mind, an unwilling stomach, perchance restless nights, and vague discomfort. He soothes his conscience, and says, “I work too hard, I have indigestion, I will take a holiday.” And now he thinks it is time he should marry. His position is assured—he is a wealthy man—his ambition is satisfied, and he will seek to be happy. He is to all outward appearance an acceptable husband ; his character is beyond reproach. He only knows of one disreputable phase which disfigures it, and that he determines to abandon forever, in order that he may be fit for the pure and virtuous embraces of his bride-elect. His sin has found him out ; those who will **not** be warned must be punished ; unhappily, too, the innocent must suffer also. He marries, and on the nuptial couch, in the arms of her he loves, he—poor self-deluded, self-ruined sensualist—discovers that the vigor of manhood has departed from him forever !

PICTURE THIRD: THE MARRIED SENSUALIST.

The sacred ordinance of marriage emanates from the Deity, by whom we are enjoined to “increase and multiply.” Hence it is considered honorable amongst all men, and should not be entered upon carelessly or wantonly, nor without duly considering the causes for which it was originally ordained. A happy marriage is the bond of social purity, as it is the crown of domestic joys. But it frequently happens that young men injure themselves seriously—and even permanently—by the lengths to which, during the first year or two after marriage, they carry the indulgence—or, to speak more accurately, the coercion—of the sexual faculties. Those who have never had the advantage of friendly advice are apt to make serious mistakes as to the extent to which intercourse should take place.

Let me warn the newly married couple of the dangers of excessive indulgence, which not only ruins the health, but soon renders intercourse utterly repugnant. In such a case, when the virile powers of the man fail him, and he no longer discharges with alacrity and effect the duties of a husband, the wife, not knowing

that she herself contributed to his impotency, but feeling a lack of warmth and vigor in his embrace—if not an absolute incapacity for sexual duties—begins to believe that it is elsewhere he seeks for gratification ; and jealousy and discord mar domestic peace.

It is my solemn duty, therefore, to entreat those newly-married, who may have “o’er-stepped the modesty of nature,” to pause ere the knell of all their mutual joys boom forth in the solemn words, “TOO LATE!”—and to take steps to counteract the evils they have, perhaps unwittingly, invoked. Ten minutes’ advice and instruction, added to skilful and mild treatment for two or three weeks, are often sufficient in these cases to restore tone to the debilitated organs, and renew, as it were, the bonds of love between husband and wife. The lesson, too, proves valuable, and is not often forgotten.

But there is another and more frequent cause of matrimonial unhappiness—a cause to which I have already directed attention.

Subjects of grave and painful importance require plain and intelligible language. I will therefore say, emphatically, that the destructive habit of self-abuse, practised in early life,

fearfully injures the energies concerned in the reproduction of our species, and the due fulfilment of the nuptial rite. And it unfortunately happens that a man may abandon self-abuse as a voluntary act, and yet not be free from the consequences of his former folly. A new and unnatural association has been established between the organs of generation and the mind—involuntary discharges of semen take place during sleep ; the seed is lost in the urine, at stool ; and muscular fibres surrounding the seminal ducts become relaxed, and all control over their actions is entirely lost. Let not any, then, imagine that having incurred the judgment of guilt they shall wholly escape the penalty, unless by prudent and prompt action, and attention to skilled advice, the instant the knowledge of that guilt and the certainty of its fearful consequences occur to them, they adopt the only measures by which the scourge can be averted. Therefore let us solemnly warn any young man now contemplating marriage, and who may at times have indulged in the secret vice of the solitary sensualist, not to take upon himself the sacred obligations and responsibilities of a husband until he is fully satisfied that his blood, his nervous system, and his

procreative powers are free from the morbid effects of his past indulgence.

PICTURE FOURTH : THE WIDOWER SENSUALIST.

A man who could sit in my consulting room and listen day by day to the weary tales of sin and suffering, folly and remorse, which are continually poured into my ear, without occasionally weeping with the sufferers, is a man whose sternness and stubbornness of heart I do not envy. For myself I do not blush to confess that during such confessions I am frequently compelled to give outward signs of my sympathy for the suffering narrator ; and the more I hear of those sufferings, the more I become conscious of the gross ignorance which pervades the medical faculty in regard to the characteristics and treatment of nervous and sexual diseases, the more devoted do I become to the specialty I have made of those diseases for the last thirty years, and the more determined is my resolution to persevere to the end in probing the very depths of scientific study and research, in order to conquer the difficulties attending the niagnosis of such disease, and render their successful treatment by me a series of professional triumphs.

Of all the pitiable phases presented by the practice of self-abuse, none is so pitiable as that of the man who, having been bereft of the partner of his bed and home, abandons himself to the tyranny of self-lust, and thus precipitates himself into a dark and dismal gulf of bodily and mental affliction.

Some time since, I was visited by a middle-aged man, who desired to consult me, and heard from him the following extraordinary statement :—

He was a respectable tradesman, in business in Brooklyn. Twenty-seven months ago he had unfortunately lost his wife, to whom he was much attached. He had been married to her about fourteen years, and was left with a family of eight children. His circumstances were prosperous: he had a good business, and lived comfortably and well. He assured me most solemnly that during his wife's life he had never once been unfaithful to her. Shortly after her death, he began to feel himself moved by the passions of sexuality. He endeavored to resist the influence ; for having been faithful to his wife during life, he had resolved to honor her virtues and love by remaining faithful to her memory after death. Over and above which

he had an utter abhorrence of the evils of promiscuous sexual intercourse ; and had also fully determined never to bring to his children a step-mother, who might probably—however careful his selection—prove anything but a second mother to them. His only hope, therefore, was a resolution to resist the strong promptings of sexual desire. This he did for some time, but eventually, and unhappily, his resolution gave way, and in an evil moment he took to the practice of self-pollution.

In this practice he found a means of ridding himself of the irritating sexual secretion ; and, totally unconscious of the danger to his health—nay, his very life—involved in the practice, he continued in unrestrained indulgence of the mad passion for a considerable time.

Of late, however, he had felt his health and strength giving way ; his nights had become sleepless ; and he had almost constantly indulged in the practice in order to procure sleep. But the sleep resulting had at all times been feverish, fitful, and accompanied with dreams of the most unpleasant kind.

He had also lost all relish for food—was absent-minded and remiss in business, and felt that premature old age was fast creeping upon

him. He had consulted his usual family doctor, who had attributed his ill-health to the indulgence of silent grief for the loss of his wife, and to the worry and anxiety of an increasing business. Up to this time not a thought had ever crossed his mind that self-abuse was the cause of his misfortune. He happened, however, to come across one of my works on "Nervous Debility," and reading it carefully, was at once struck with the knowledge of the fact. He lost not an instant, but immediately leaving his house, hastened to consult me, and placed himself under treatment that very night.

On examination,—and especially on making a careful analysis of his urine,—I found this patient very much debilitated, and the generative organs functionally deranged. I also saw enough to be able to inform him, in the most positive manner, that if he persisted any further in the practice of self-abuse, his nervous system would entirely break down, and the attributes of manhood be lost to him forever.

Never was there a more docile patient. And, consequently, he was under treatment a very short time before he began to take heart. I could tell, by the increased buoyancy of his air every time he visited me, that he was in the

way of rapid improvement. He was all but restored to his former health. I induced him to substitute a regular and restrained habit and diet for his former free living; and instead of his business being—as his former adviser told him—a source of misery and ill-health, he found in it a relief, and a healthy and pleasurable mode of maintaining the vigor and serenity of his mind and body.

This is not a solitary case—many such have come under my observation; and even now can I recall one which had not a termination so favorable.

Argument and entreaty were alike without avail. The habit, relinquished for a week, was again and again indulged in. As the constitution became more and more impaired, so the powers of the will decayed. Business and pleasure alike lost their hold on his memory, his thoughts or his appetite; and a few short months saw him consigned—harmless enough, to be sure—to a private lunatic asylum, where he finished the miserable remnants of his days in the darkness and dimness and despair of a living death.

PICTURE FIFTH: THE SCEPTIC SENSUALIST.

I can imagine one of my readers, who has glanced with rapid eye over the preceding pages, who may exclaim *sotto voce*, “Ay, ay, doctor; it is all very well, and I dare say there are some two or three in a million to whom these facts and descriptions apply, but they apply to very few! I believe that a man may practice self-abuse for years, and really suffer no evil consequences. I know that I have no time, no means, nor opportunity of indulging myself in the pleasures of a connubial life, and I have resorted to this habit to relieve myself of the promptings of nature, and I am neither sick nor diseased; I have had none of the evils you speak of, and I don’t think I ever shall.”

My reply is, “Gently, my friend; do not draw rash conclusions. Listen patiently for a few minutes, and I think you will own yourself in the wrong.” If you are an Onanist; if you have at any time abandoned yourself to that vice, which has been aptly called “adultery of the mind,” *I defy you to say truthfully* that you have not experienced effects more or less evil. I challenge you, as an honest man, to say whether you have not had your warnings? I

beg of you, SPECIALLY YOU, sceptical reader,—infatuated abuser of yourself,—to answer to your own soul, in truth and sincerity, a few questions of solemn import touching the effects of self-abuse, not on another man, but on yourself—on your own precious body and mind.—Answer them truly, seriously, in the solitude of your own chamber, and *think* ere you reply.

Are you an Onanist ?

In pursuit of the baneful and degrading practice of self-abuse, have you ever felt it to be a sinful practice—unmanly, unchristian, and degrading you beneath the level of the brute beast, which in following the mere promptings of instinct never falls so low ?

Have you ever yet ONCE practised it without, in the very act, making up your mind that you would never repeat it ?

Do you suffer from involuntary nocturnal emissions ? Are you ever troubled with erections without apparent cause, failure of erection when desired, or premature discharge of semen during coition ?

Have you dull pains in the groin, pains in the back ? Does your sight fail you ? Have you nervous headache ?

Are you subject to pimples on the face, back, or forehead ?

Do you suffer from a hacking cough, for which all remedies seem unavailing ?

Are you fatigued with the slightest exertion, and does lassitude of body and mind overtake you without cause ? Are you restless when fatigued, and unable to obtain refreshing slumber ?

Have you lost energy, appetite, power of enjoyment ? Are you frequently averse to society, even of intimate friends ? bashful in female society, unable to join in conversation ?

Does your memory fail you ? are all your senses blighted ?

Do you fall into dreamy fits of abstraction, brooding over the past, hopeless as to the future—all the noble aspirations forgotten which gilded the morning of your career ?

Honestly, thoughtfully, mournfully recalling your past life, are you not certain that your health would have been better, your heart stouter, your hopes brighter, your mind and thoughts purer, more dignified, and manly, if you had not acquired for yourself your own self-reproach ?

Let the victim of his own evil passions answer these questions, among a thousand such as I

could propose to him. Answer them truly, honestly, and without mental reservation, as between Heaven and his own conscience. And if the answer to them, or any part of them, be the one emphatic “Yes,” how will he dare to say that he has indulged his vile appetite for solitary excess without experiencing some of its attendant evils?—without having had emphatic warning that his sin is finding him out, and that days and nights of woe and torture are now impending, unless he accepts the warning, and reverently retraces his steps from the evil path he has chosen?

Let him, therefore, earnestly endeavor to lead a new life, lest in the future day, as he has sown the storm so will he reap the whirlwind. When the tempest of passion and of lust shall have left him, bereft of all but an enfeebled mind, and a body racked—preyed upon by the tortures of a memory bitterer even than death.

But I hope that many who read this will turn from their error, that truth will prevail, that their conscience will be awakened—alas! so many err through ignorance. And if this little book is instrumental in saving even ONE who would otherwise have been lost, from evils leading to destruction, I am amply rewarded—it has not been written in vain.

PICTURE SIXTH: THE PROMISCUOUS SENSUALIST.

Nearly four centuries ago, the swarthy sailors of Columbus, returning from the enterprise which added another hemisphere to the known world, brought with them that terrible plague which has since been one of the curses of civilized life—

SYPHILIS.

It is not my intention to write at large on this subject ; for fuller information I must refer my readers to my work on “Nervous Debility.”

The most mysterious characteristics of this disease, and the most to be dreaded, is that by poisoning the blood and tissues, it entails misery years and years after the patient has been apparently cured. And not alone on himself—the poison being absorbed in the blood becomes hereditary, even to the third and fourth generations. As much to be dreaded as the disease itself is the mercurial treatment almost universally adopted by the general practitioner for its cure. I do not hesitate to assert that more carious bones, diseased brain, and shattered constitutions have been produced by the ex-

hibition of this poisonous mineral than by the disease itself.

Let me in all cases earnestly advise any man suffering from disease not to attempt self-cure. Let him AT ONCE apply for assistance to one in whom he can place confidence—and more especially to one who has made a specialty of these cases. It is not sound sense and reason, that one whose practice is devoted to a particular complaint should better know how to cure than one who may see half-a-dozen cases by mere chance in twelve months? One warning and I have done. A young man, having contracted a venereal taint in his single career, not knowing of any impediment, may marry, and innocently be the means of fastening upon his offspring manifold evils—and thus render his own and wife's, as well as their lives, an intolerable misery and burden. This ought to be guarded against in every instance by a consultation, when marriage is contemplated.

Notice to Patients and Invalid Readers.

DR. L. J. KAHN, having for many years exclusively devoted his attention to the treatment of the diseases of the GENERATIVE and NERVOUS SYSTEM described in the preceding pages, may be consulted personally from ten in the morning till two, and from five in the evening till eight, daily, at his permanent residence, 51 EAST TENTH STREET, between University Place and Broadway.

The following directions are given to all who desire to consult Dr. Kahn :—

1. The hours of consultation are from 10 A. M. till 2, and from 5 to 8 P. M.; on Sundays till 2 P. M., at the Consulting Rooms, 51 East Tenth Street, New York.

2. Dr. Kahn's fee for consultation is \$5.

3. Dr. Kahn may be consulted by letter; and patients at a distance are requested to be as minute as possible in describing the symptoms of their cases, age, habits, occupation, etc., and if any treatment has been previously adopted. Much of Dr. Kahn's practice is carried on by correspondence, and he has been successful in curing numerous cases which have been conducted by letter only. All letters must contain the consultation fee.

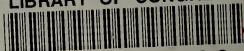
4. Dr. Kahn has made arrangements by which the necessary remedies can be forwarded, safely packed and free from observation, to all parts of the world ; and it is his invariable custom to destroy all correspondence, or to return it to the patient at the termination of each case. Patients may have letters and packages forwarded by initials. The disclosures of a name is neither sought nor necessary ; the most perfect confidence may be relied on, so that no diffidence or timidity may prevent the application for professional relief. Patients are, however, requested to retain the same name or initials throughout the case, in order to prevent confusion.

5. Dr. Kahn wishes to impress the importance of one personal interview, even with patients resident at a distance, more especially when it is necessary to make a microscopic or chemical analysis of the urine. In fact, this is of such importance that it would be advisable for those consulting him by letter to forward a small bottle per rail, carefully packed to prevent breakage (carriage paid), containing the urine passed in the morning.

6. Dr. Kahn's permanent residence in N. Y. is:

51 EAST TENTH STREET,
BET. UNIVERSITY PLACE AND BROADWAY

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